

Touro ASDA 2018 Chapter Wellness Grant Report

Wellness Month at a Glance:

We are fortunate to say that Wellness Month has been a continuous success here at TCDM! We find that our wellness events bring the most participation from all classes (over 300 students), no matter how busy students' schedules seem to be. This year, we created 10 different wellness events, Spa Day being our biggest event of them all. Additionally, we created a "Wellness Month Raffle" where students could buy raffle tickets all month to have a chance at winning wellness prizes, such as a Fitbit. We also created a little friendly competition amongst the classes by hosting a "Steps Challenge". Whichever class was able to generate the most steps would win class pride! For advertisement, we created a wellness month calendar. We used the cocktail table type menu stands to display these calendars throughout our student lounge. We also posted the "ASDA Wellness Month Calendar" and "Wellness Raffle Prizes" on our social media platforms and the school's hallway monitors. Additionally, we spent \$5.36 on chalk to create our "Wellness Month Wall". This way, all students were constantly reminded to be mindful of their health and keep track of the wellness events provided by ASDA. Below is a copy of the "ASDA Wellness Month Calendar" and a picture of our "Wellness Month Wall"!

ASDA WELLNESS MONTH						
SEPTEMBER 2018						
SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5 Time Management with Dr. Petersen Testing Center 12pm	6	7	8
9	10	11	12 Q&A Session with Residents Cafeteria 12-1pm	13 Dr. Goldfinger's Fruit Giveaway Student Lounge	14 Round Table Discussion Cafeteria 12-1pm	15 Morning Yoga & Hike Kensico Dam 8-9:30am
16	17 Stretch Class with Dr. Levine (5-6pm) Cym Exercise Room Beginner Hip-Hop Dance with Winnie (7-8:30pm) Cym Exercise Room	18	19	20	21 Spa Day featuring Spavia Student Lounge 12:15-2:15pm	22
23	24	25	26 Mindful Eating with Victoria Yates Testing Center 12-1pm	27 Life Coach Presentation Testing Center 5-6pm	28 Nutritionist Talk Testing Center 12-1pm	29

ASDA Wellness Month Calendar



ASDA Wellness Day Wall

Wellness Month Raffle (ALL Month)

One of our most engaging idea this year was to create a “Wellness Month Raffle” where we gathered a spread of wellness prizes that would benefit our students. The purpose of this raffle was to keep the spirit of Wellness Month alive and to be able to give back to our student body! In order to create the raffle, we purchased a bundle of raffle tickets for **\$22.85**. Each student was then able to purchase a raffle for \$2 and submit to have a chance to win the prizes listed in “Wellness Raffle Prizes” flyer, seen below. Thanks to the ASDA wellness grant, our E-board was able to purchase our most popular wellness raffle item, the “Fitbit Charge 2”, for **\$119.95**. Additionally, we used **\$55.12** to create our one of a kind “wellness gift baskets”! We were fortunate to have “Rise Above Floatation” donate 2 floating sessions, “Yoga Works” donate a yoga workshop, Jamil Sayegh donate a life coach workshop, and Victoria Yates donate a mindful eating workshop to TCDM ASDA for Wellness Month! We are proud to say that we raised \$182 by the end of Wellness Month! Below is a copy of our “Wellness Raffle Prizes” and pictures of our hand selected prizes.



Top: Wellness Raffle Prizes
Left: Wellness Gift Baskets
Right: Raffle Prize Giveaway!

Friday 9/21 – SPA Day:

The largest and most successful event of the month was Spa Day! From the moment we brought Spavia to Wellness Month last year, our classmates had been looking forward to another Spa Day event. This year, we decided to enhance our Spa event by inviting makeup artists, massage therapists, estheticians, energy healers, and more! Our everyday student lounge transformed into a spa with the calming meditation music and soothing fragrances of essential oils in the air. Thanks to the ASDA wellness grant, we were able to provide for such a large event! We used **\$203.84** from Sam's Club and Stop and Shop to provide refreshments such as fruits, tea, hummus, vegetables, healthy bars, spa water, etc. and decorations such as table cloths and flowers. We also used **\$6.50** to buy balloons to brighten our lounge space! Below are some highlights of our spa day event!





Wellness Month's Spa Day!

Wellness Day – Wellness Month Events and Thank You's!

Our Wellness Month would not have been possible without the help of our faculty and friends who contributed to the events. With the kindness and contribution of Dr. Goldfinger, we were able to provide a fruit giveaway with buckets of apples to distribute! It was heartwarming to see students munch on the apples we provided in between class. We were also able to organize a Q&A Session with Residents from the Westchester Hospital, time management tips and techniques, stretching class, hip hop class, yoga and hiking session, mindful eating seminar, life coach presentation to boost our motivation, nutrition tips, and of course our spa day! We wanted to give back to those who helped us in our success with Wellness month. Therefore, our E-board used **\$84.00** to purchase TCDM t-shirts to place in “Wellness Thank You Totes” and **\$80.00** for chocolate baskets to provide to our guests as a gesture of gratitude.



Wellness Month Summary:

We are incredibly thankful to have been chosen to receive the Wellness Grant this year. Our ASDA members enjoyed the many of the events including Spa day and were able to indulge in the raffle prizes. Overall, we were very pleased to see the increase in involvement and attendance at our Wellness Month events this year!

Presented below is an overall breakdown of the spending of the grant money:

<u>Total allotted Wellness Grant money:</u>	<u>\$500</u>
Chalk for wellness month wall	- \$5.36
Bundle of Raffle Tickets to sell	- \$22.85
Fitbit for Raffle	- \$119.95
Wellness Baskets	- \$55.12
Refreshments and Décor for Spa Day	- \$203.84
Balloons for Spa Day	- \$6.50
TCDM T-shirts and Thank You Totes	- \$84.00
Chocolate Thank You Baskets	- \$80.47
Total Remaining:	- \$0.00 (additional \$78.09 compensated by raffle money)