



Chapter Events & Activities Planning Resource

IDENTIFY WELLNESS NEEDS

The first step in creating a wellness activity for your chapter is to identify the wellness needs of your members. Consider collecting feedback about your members' wellness priorities and areas they want to highlight as a community.

SELECT DIMENSION TO PRIORITIZE

Analyze the feedback from your chapter members and categorize their needs and interests by wellness dimension. Determine which dimensions to address based on results.

PLAN WELLNESS ACTIVITY

Implement an activity, challenge or event that addresses these areas of interest. Identify a core group of leaders to assist with the planning process. Establish a planning timeline and responsibilities.

EVENT IDEAS

Across the 5 dimensions



Emotional

- Seminar on managing stress
- Yoga or meditation class
- Therapy animal event
- Quiet/meditation room



Physical

- Fitness classes
- Meal preparation tutorial
- Health fair with free health screening
- Hydration or step challenge



Intellectual

- Book club
- Painting class
- Brain teaser challenge
- Creative writing class



Occupational

- Seminar on repetitive stress injuries
- Career fair or reception with chapter alumni
- Work-life balance challenge



Environmental

- Community park clean up
- Seminar on climate change
- Reduce, reuse, recycle challenge
- Community photo scavenger hunt

