**Augusta Alumnae Chapter**

**Delta Sigma Theta Sorority, Inc.**

**Physical and Mental Health Committee**

***“Journey to Wellness:  Committing our Bodies to Physical and Mental Health”***

**Physical and Mental Health Committee Minutes/Report**

**May 11, 2015**

Physical and Mental Health Committee Final Report for 2014-15 Sorority Year

1. Special thanks to AAC Sorors for participating inthe Take Back the Night Rally, on April 23, 2015 at

 GRU Summerville Campus, Maxwell Performing Arts Theater Lawn.

2. Relay for Life was held on May 2, 2015 at Westside High School, from 11:00am – 11:00pm.

 Special thanks to our Team Captain, Barbara Thomas and to AAC sorors for an outstanding job

 supporting the Annual Relay for Life Event with your donations and physical presence. This health

 initiative was very successful. Augusta Alumnae Chapter Team surpassed our target goal of $1000.00.

 Our total donation was $1751.00.

4. 2015-16 Calendar of Health Events was submitted March 2014.

5. Food, Faith & Fitness - Sorors continue to participate weekly in this free exercise class, which is held

 at the Kroc Center, every Tuesday at 6:30 PM.

6. Delta S.I.Z.E.D Challenge **(Sorors Invigorated Zealous Energized Determined**) - We are still

 participating in this National Challenge which was issued back in December 2014. This competitive

 physical activity was designed to encourage sorors to keep moving, thereby assisting

 them in attaining and maintaining optimal health. We are entering into the six month of this

 challenge. If you have not been physically active, you still have time to participate this month and a

 few days next month. Each chapter is asked to report total mileage based on accumulated miles

 achieved per active soror**,**and to reportif any health improvements such as increased energy, loss

 of weight or similar benefits were achieved. Email your daily or weekly totals to Linda Johnson at

 waterfountain0@yahoo.com, at the end of each week, or as soon as you finish walking/exercising.

 P&MH Committee will compile all miles submitted. The deadline to submit miles is June 8, 2015.

 Three champion chapters will be crowned at the 2015 National Convention and will receive $1000,

 $750 and $500 provided by Aetna. Let’s keep moving Sorors!

7. The following Award Applications have been submitted for Regional Awards:

 Project 13 Chapter Recognition for St. Jude Children Hospital & Go Red for Women;

 Distinguished Service Award for “I’m Fine, And You” Mental Health Summit.

8. Funds Requested: $36.67 for reimbursement for Relay for Life expenses (hotdog boats, garland &

 table cloth).

The next meeting for Physical & Mental Health Committee is **Thursday, May 28, 2015, 5:30pm**, at the Main Branch Library to finalize the 2015-16 calendar events.

Submitted by

Linda F. Johnson, Committee Co-Chair

Maria Hollaway, Committee Co-Chair