**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 & Mental Health Committee Minutes/Report**

**March 5, 2015**

Physical & Mental Health Committee met on Thursday, March 5, 2015 at 5:30pm, at the Downtown Library.

The purpose of the meeting was to finalize plans for the March & April Health Initiatives, 2015-16 Budget, 2015-16 Calendar of Events

1. **March 14, 2015, Colon Cancer Awareness** – Informational flyer & handouts distributed during sorority meeting. Sorors are encouraged to adhere to health guidelines in reference to being screened for colon cancer.

2. **April 18, 2015 (Saturday) - 6th Annual Take Back the Day 5K Walk/Run** to Prevent

 Child Abuse & Sexual Violence – GRU, Summerville Campus (starts at Amphitheater ends

 at University Hospital entrance)

 5K Registration: 7:30 – 8:30 am

 5K Race Begins: 8:45 am

**April 23, 2015 (Thursday) - Take Back the Night Rally**, 6:00 – 8:00pm

GRU Summerville Campus, Maxwell Performing Arts Theater Lawn

3. **May 2, 2015, Relay for Life,** **Westside High School, 11:00am – 11:00pm**

 We need volunteers to sign up for 3 hour time frames.

 11:00am – 2:00pm;

 2:00pm – 5:00pm

 5:00pm – 8:00pm

 8:00pm – 11:00pm).

 We also need the following items donated: hotdogs, hotdog buns, potato chips, cookies,

 bottled water, ketchup, mustard & napkins. We will sell these items and the proceeds will be

 added to our chapter donation. A donation sign-up sheet will be distributed at the April

 meeting.

4. 2015-16 Calendar of Health Events (attached) – Additional suggestions for events: Successful Aging Later in Life and Issues Effecting Dermatology for African American Women.

5. Georgia’s 2015 DST ACS Statewide Training – March 14, 2015, Atlanta, GA – need a

 representative to attend.

Funds Requested: $50.00 for tent rental for Relay for Life (May)

The next meeting for Physical & Mental Health Committee is Thursday, April 2, 2015, 5:30pm, at the Main Branch Library (downtown).

Submitted by

Linda F. Johnson, Committee Co-Chair

Maria Hollaway, Committee Co-Chair