

## CLUB CHILDHOOD HEALTH AND WELLNESS CHAIR

In response to requests from Optimist Clubs and recognizing the broad range of childhood health-related issues, Optimist International and our Foundations are excited to announce the Childhood Health & Wellness Program.

The Childhood Health & Wellness Program will build on the highly successful Childhood Cancer Campaign to expand our impact. Clubs and Districts will now have the opportunity to initiate projects and services to improve the quality of life for children in their communities across a broader spectrum of needs.

Childhood Health & Wellness will include four focus areas (not limited to the examples below):

- **Healthy Lifestyles** (Child Obesity, Healthy Eating, Physical Fitness, Happy Heart Advice, March of Dimes)
- **Chronic Diseases** (Childhood Cancer, Juvenile Diabetes, HIV, Multiple Sclerosis, Muscular Dystrophy, Sickle Cell Anemia)
- **Mental Health** (Depression, Bullying, Abuse)
- **Disabilities – Physical, Intellectual & Developmental** (Autism, Special Olympics)

As of January 1, 2019, the Optimist International Foundation will accept contributions for Childhood Health & Wellness with the intent of creating a grant program. Contributions previously made to the Childhood Cancer Campaign (CCC) will be used to support Childhood Cancer.

You have been selected to fill an important position within your Club as the Childhood Health and Wellness Chair. We want to help make your year as successful as possible for both your Club and our Campaign. We wish to share information with you about CHW throughout the year and keep you updated on the progress of the CHW. Our primary method of sending information is via e-mail. We also invite you to share your thoughts and ideas with us on how to make this necessary program better.

Please fill it out the requested information below and return it by either mailing, faxing e-mailing us. If the Club has co-chairs, each co-chair should provide us with a separate form.

### Please print:

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ ZIP/Postal

Code: \_\_\_\_\_ Country: \_\_\_\_\_ Home phone:

\_\_\_\_\_ Home Fax: \_\_\_\_\_ Work phone:

\_\_\_\_\_ Work Fax: \_\_\_\_\_ Cell phone:

\_\_\_\_\_ E-mail address: \_\_\_\_\_ Name of Club:

\_\_\_\_\_ Club #:

\_\_\_\_\_ Year: \_\_\_\_\_

Send to:

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