Leading the Way to Fun

Provide a day that promotes fun and healthy living through physical activities while building a bridge between St. Lawrence and the local community.

**The Problem**

- $2 Million Budget Cuts
- Sports, art and music programs are the first to be cut
- 19.6% of children between ages 6-11 suffer from obesity
- St. Lawrence County is one of the most obese counties in NY state
- Cuts to art, music and athletics lead to:
  - Increased risk for heart disease, diabetes, poor lifelong health habits and obesity
  - Reduced motor skills
  - Underdeveloped interpersonal skills
  - Lack of creative thinking
  - Poor problem solving skills
  - Lack of independent initiative
  - Minimal leadership experience
  - Lack of creative expression
  - Emotional instability

**The Solution**

- Sunday Funday
  - Athletic events
  - Tie-dying station and granola making
  - Music in the background
- Servant Leadership: offer our services in order to better benefit the local community we are a part of.
- Provide local community with information about health and wellness in a take-home flyer and a poster at the event which includes:
  - The benefits of exercise
  - The need for art and music programs
  - Fitness tips
  - Diet suggestions

**Thelmo**

- Contingency request
  - Event date
  - Event description
  - Advertising techniques
  - Fund allocation
  - Involvement and benefits
- Presentation to the Thelomathesian Society Senate
  - Oral presentation
  - Responding to questions

**Group Meetings**

- Called several meetings to organize event
  - Small groups vs. one large group
  - Event ideas
  - Fundraising meetings
  - Money allocation
  - Activity meetings
  - Volunteer/event assignment meetings
  - Contingency request meetings

**Handouts and Poster**

- Handout
  - Take home pamphlet
  - Organization
  - Design
  - Content/research
  - Printing
- Poster
  - Organization
  - Design
  - Content/research
  - Printing