

# DISTINGUISHED SERVICE AWARD

*Physical and Mental Health— Small Chapter*

## Des Moines Alumnae Chapter

*The Des Moines Alumnae Chapter rolled out an inaugural community event proposed by the new initiates as a service project to support children and families within the community in dire need of services and information in the areas of health and wellness and financial fortitude.*

*Des Moines Alumnae Chapter adopted a program that would arm residents with information and coping mechanisms for dealing with their everyday stresses of mental health and bullying, financial challenges and budgeting, healthy eating on a budget, fitness and overall family fun and community bonding.*

*Partnerships were forged with King Elementary School, Iowa State University, John R. Grubb YMCA, and the Margaret Sloss Women's Center, with each providing resources for affordable solutions for health and wellness challenges.*

*While this project was spearheaded by the new Sorors, it was implemented as a collaboration between the Physical and Mental Health, Education Development and Economic Development committees of the chapter, with chapter members actively engaged with the presentations*



WE. ARE. CENTRAL.

