

## Dexter Wellness Coalition Fall Speaker Series – Begins Fall, 2018

The Speaker Series will draw attention to programs supported by the coalition and to the four pillars of Eat Better, Move More, Avoid Unhealthy Substances and Connect with Others. The program will involve 5 to 7 speakers/events. Among the topics will be mindfulness, a program with Trout Unlimited on fly fishing, a food/cooking demonstration, one or two substance abuse related programs and Dexter Farm to School program.

The purpose of the intervention is to expose the coalition to more community members and increase awareness of healthy activities in Dexter. The goal will be to average 30 people per activity while collecting survey and contact information from the participants.

Speaker Compensation – Estimate average \$225 per speaker. \$1125 - \$1575

Printed Materials and Giveaways - \$875 to \$425

Total Budget Ask from Dexter Wellness Coalition- \$2000