

## Elevate FCS! and Living Well Month: Amplifying the Significance of Family and Consumer Sciences

*Rosie Stewart (AZ), Public Affairs Advocacy Committee Chair*

The Public Affairs Advocacy Committee strives to highlight the significance of our profession and programs for both internal and external audiences. Through two main campaigns—**ELEVATE FCS!** and Living Well Month—the committee empowers individuals to advocate for Family and Consumer Sciences (FCS).



### **ELEVATE FCS! Campaign (December):**



Join the American Association of Family & Consumer Sciences (AAFCS) in celebrating the value and impact of the FCS profession throughout December. The campaign encourages FCS professionals, students, affiliates, communities, programs, and supporters to **ELEVATE FCS!** Utilize AAFCS resources, such as social media posts, toolkits, logos, and promotional tools available at <https://www.aafcs.org/elevatefcs> to spread awareness about FCS and commemorate AAFCS founder Ellen Swallow Richards' birthday.

### **Living Well Month (March):**

Shift the focus to holistic well-being. Living Well Month, held nationally in March, promotes wellness across eight dimensions—mental, social, emotional, spiritual, financial, occupational, environmental, and intellectual. FCS professionals contribute to enhancing lives by educating people, families, and communities. Plan for *Living Well Month* and anticipate resources from the Advocacy Committee, including a logo, calendar, and short videos highlighting the eight dimensions of wellness.



### **Mark Your Calendars NOW:**

Make a note to actively promote **ELEVATE FCS!** in December and *Living Well Month* in March. These initiatives are not just campaigns—they're opportunities to elevate the influence of FCS for a healthier and happier future for all.