

## Start Planning for Living Well Month

Rosie Stewart (AZ), Public Affairs Advocacy Committee Chair



As we approach **Living Well Month in March**, the Public Affairs Advocacy Committee has been hard at work reviewing materials and working with the National Office to update the calendar to assist in promoting this initiative. **Living Well Month serves as a public awareness campaign by NEAFCS, aiming to spotlight the valuable services provided by Cooperative Extension Family and Consumer Science (FCS) across the country.**



Start developing a plan for how to use the materials provided on the NEAFCS website (<https://neafcs.memberclicks.net/living-well-month-campaign>) to promote the vital work we do. Another quick way to find the living well month campaign materials is visit [neafcs.org](http://neafcs.org), click "Public Affairs" in the top tabs, and scroll down to "Living Well Month Campaign."

Personalize your *Living Well Month* public service campaign using the provided materials or showcase your creativity, such as the innovative flip-style calendar created by the Kentucky Affiliate. Include the *Living Well* logo with the slogan, "Raising Kids, Eating Right, Spending Smart, Living Well" on your email signature. Distribute the *Living Well Month* calendar via social media. Keep it simple, so it stays manageable.



Our Kentucky affiliate is Living Well by promoting the Eight Dimensions of Wellness through a year round message. This updated, flip style, calendar is a reminder to focus on Living Well everyday. Feel free to reach out to Amanda Dame or Mindy McCulley for more information.

**We ask you to share your March activities on the NEAFCS social media page to foster a collaborative environment where ideas are exchanged and others can be inspired by your initiatives.**