



PROGRAM PLANNER GUIDE

Program: Health & Wellness Day
Date: March 25, 2026
Co-chairs: Katie Pearson & Chris Brown

Thank you for answering the call and helping us create a memorable and impactful class experience! We encourage you to be creative and bring *your* vision for this program to life. As an alumnus of the program, you have a unique perspective that only you can share. Be empowered to take all your ideas and experiences and ***Lead The Way.***

What we hope to accomplish:

Focus on mental and physical health- have a full and comprehensive display of health and wellness. Learn of the many health needs in Cobb County and the organizations that support the health and well-being of the community. Have some way to provide individual screening for health status for class participants.

What we want the class to:

Do: Have exposure to the health needs of the community; understand the multiple health resources available

Know: Personal and corporate responsibility/accountability in overall health and well-being. Understand key issues affecting the citizens of the County.

Feel: A sense of responsibility as leaders to work toward improving individual and community health; motivated to improve personal wellness

Resources:

Budget: \$ 1,500.00 from Chamber / \$ 2,200.00 from Chamber for transportation (if needed)

Material(s): TBD, DaVinci Robot experience

Sponsor(s): TBD

Location(s): Multiple venues- CHOA, Wellstar, Kaiser Permanente, etc.

Transportation: TBD

Dress Code: Scrubs or class attire