

# LIVE UNITED™



NEWSLETTER OF MOWER COUNTY

June 2009

## Newsletter Gets A New Look



United Way of Mower County has a new look to its newsletter. We hope this new format will be easier for you to read, contain more information in a short format and provide you information on current and upcoming events at United Way. We are working to minimize our overhead expenses so if you currently receive our newsletter via mail and can receive it via email, please call our office at 437-2313 to make that change. Thank you for subscribing and supporting United Way of Mower County.

To find out more about the United Way and what we do in the community, log onto our website at [www.uwmower.org](http://www.uwmower.org)

## Day of Caring Moves to the Fall



United Way of Mower County 4th Annual Day of Caring will be held September 26, 2009. This year's event is in memory of Loren Peters.

Loren was an avid supporter of United Way, volunteer and friend. He was looking forward to being our Day of Caring Chair. We are happy to be able to remember him doing something he loved.

Day of Caring is one day to help one another. Teams of 2-10 people will work on projects throughout Mower County. Most projects are for elderly homeowners, helping them complete projects they are not able to do on their own: wash windows, fence repair, yard work and so on. In addition to helping our neighbors there will green space clean up projects as well.

The day will begin with a Kick off breakfast at 8:00am. Most projects last 2-4 hours. This is a great way to get engaged in your community, spend time with friends, family and co-workers giving something back. Start forming your teams. To download registration forms or for more information visit our website at [www.uwmower.org](http://www.uwmower.org)

**4TH ANNUAL DAY OF CARING SATURDAY SEPTEMBER 26, 2009**

# STAY FIT SUMMER CHALLENGE



Stay Fit Summer Challenge kicked off June 6th. This activity only challenge is designed for individuals to keep track of their activity this summer. Participants keep track of their weekly activity and submit their total points to United Way each Friday by 2:00pm. United Way will post a Stay Fit Leader Board every Monday by 4:00pm.

It's been proven that if you keep track of your activity you will be more active. As part of the Get Fit Mower County Healthy Living Challenge, this is just one way for members in our community to work toward a healthier lifestyle. It's easy. It's free. Anyone can sign up. There will be one male and one female winner.

Even though the contest has started there is still time for you to sign up. Anyone interested just needs to submit their name, email address to United Way and begin submitting total weekly points on Friday's. For complete contest details, activity log and activity point structure, visit our website at [www.uwmower.org](http://www.uwmower.org).

**STAY FIT SUMMER CHALLENGE: JUNE 6-SEPT 4**

## TELL US YOUR LIVE UNITED STORY

Many of us give back to our community every day in big and small ways. If you or someone you know is doing just that, we'd like to know.

Please submit how you LIVE UNITED right here in Mower County to us at United Way. You can submit your story to us by emailing [unitedmr@smig.net](mailto:unitedmr@smig.net)

When we reach out a hand to one, we influence the condition of all.

## GIVE.

There are many ways to give and support your local United Way. You can give financially, give of your time and you can give of your talents. If you would like to make a contribution of any kind to United Way of Mower County please give our office a call at 437-2313.

[www.uwmower.org](http://www.uwmower.org)

## ADVOCATE.

You can make change happen with your voice. United Way needs people who are passionate about education, income and health to make some noise.

Read more at [www.liveunited.org](http://www.liveunited.org)

## VOLUNTEER.

United Way of Mower County and Volunteer Solutions provides you with a list of volunteer opportunities and needs throughout Mower County. Volunteering is a great way to engage the youth, busy working adults and seniors in our community. To learn more visit [www.uwmower.org](http://www.uwmower.org) and click on VOLUNTEER.

## BE AN ADVOCATE

### Share this newsletter

You can LIVE UNITED by helping us spread the word. Imagine how many people we could reach if everyone forwards this to five people

