



PHI BETA SIGMA FRATERNITY INC.

State of Illinois

Social Action Program Overview

Statewide Initiative: **Sigma Wellness**

Program: **PBS Illinois Sigma Health and Wellness Week**

Dates

The Week of Sunday 3/14 through Saturday 3/20

Program Details

Sigma Wellness Overview:

Sigma Wellness is our health initiative designed to educate and inform our membership and the community about key health issues facing people of color.

Engaging our communities through dialogue about overall quality of health and solutions to improve our well-being by addressing:

- Living Healthy: Diet and Nutrition
- Living Fit: Obesity and Weight Control
- Living Responsible: Reducing your Cancer Risk
- Living Risk Free: Sexual Health
- Living Balanced: Spiritual and Mental Health





Chapter Requirements:

Collegiate and Graduate Chapters are encouraged to participate in the PBS Illinois Sigma Health and Wellness week which is designed to educate and inform the community on key health issues facing people of color.

Chapters should focus on programs that impact health and wellness through a mind, body, and spirit model.

Mind – Programs that focus on Mental Illness

Body – Programs that focus on Diabetes, Hypertension, Obesity, and

Preventative Screening Measures

Spirit – Programs that focus on Stress Management

Chapters are encouraged to host one or several of the following events during PBS Illinois Sigma Health and Wellness Week:

Virtual Fitness workout classes

Virtual Mental Health check-in events

Virtual Fitness Challenges (Push-ups, sit ups etc.)

Virtual Walk/Run events (via March of Dimes)

Virtual Health and Wellness Fairs

Health Awareness Webinars hosted by Healthcare professionals

BBB Promotion of local Health and Wellness providers/businesses via Social Media





Program Implementation Instructions:

Collegiate and Graduate Chapters should host their Sigma Health and Wellness event(s) during the week of 3/14- 3/20.

During PBS Illinois Sigma Health and Wellness Week, we are asking Brothers to take pictures and post them on the following Social Media pages and groups:

- Great Lakes Region of Phi Beta Sigma Fraternity, Inc. Facebook Group
- Phi Beta Sigma Fraternity, Inc. International Social Action Program Facebook Group
- Blue and White and NPHC Facebook groups
- Your PBS chapter Facebook/Instagram pages
- Your Personal Facebook/Instagram pages

Social Media posts should include the following hashtags:

- #PBS1914
- #PBSWellnessWeek2021
- #pbssocialaction1914
- #illinoisSigmas1914
- #GLRSigmaWellness

If you have any questions or concerns, please contact:

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