



## Foundation Outreach Programs (July – June)

### Monthly Themes

Month	Focus Theme	Key Goals
July	Youth Empowerment Month	Summer clinics, sports camps, youth engagement
August	Back-to-School Wellness	School supply drive, wellness check-ins for students
September	Sports & Mental Health Awareness	Host talks/forums, social media campaign
October	Community Health Month	Free check-ups, fitness day, healthy eating workshops
November	Gratitude & Giving	Volunteer drives, Giving Tuesday campaigns
December	Family Fitness & Unity	Family sports day, end-of-year celebration
January	Vision & Goal-Setting Month	Youth goal-setting workshops, leadership mentoring
February	Heart & Health Awareness	Cardiovascular health events, partner with hospitals
March	Women in Sports & Wellness	Panels with female athletes, women's health focus
April	Spring Into Action (Fitness)	Community runs, sports tournaments
May	Mental Health Awareness Month	Workshops, school outreach, podcast or panel series
June	Annual Impact + Celebration	Annual fundraiser, awards, highlight success stories

### Monthly Outreach Activities

Week	Activity Type	Sample Actions
Week 1	Social Media Campaign Launch	Share theme, quote series, announce events
Week 2	Community Partner Outreach	Email/call schools, clinics, athletes for collaboration
Week 3	Host/Attend Local Event	Forum, fitness day, school talk, pop-up booth
Week 4	Impact Sharing & Follow-Up	Post photos, collect feedback, thank partners/supporters