



Consider Hosting an Activity

LiveWell! Northern WI is part of a larger project to create an innovative, holistic mental health approach to support those of you who are living, working and attending school in Douglas County. To respond to the current mental health crisis in our communities, we need to join together to support everyone's health and well-being. We are asking community members, employers, and organizations to host organized activities that will allow people to spend time together in a way that inspires joy, wellness and builds connection. Our goal is to have an activity scheduled most days of the week in every part of Douglas County. This effort is supported by the Duluth Superior Area Community Foundation, Miller-Dwan Foundation, UW-Superior and numerous other community partners.

Please use the following instructions if you would like to host an activity:

1. Go to <https://livewellnorthernwi.org/calendar>
2. Click "Submit Event". Please note that the "Submit Event" button is only accessible on the full web-version of the website at this time. If you open the calendar on a mobile device, you will need to click "open full calendar" at the bottom of the page and click the drop down to access the "Submit Event" button.
3. Complete short form, check and submit.
4. Once your activity has been approved you will receive a confirmation email and the activity will be posted to the calendar. If you need to make a change to your activity after it has been approved, please email livewellnorthernwi@gmail.com

Activities need to be:

- Free for attendees and low cost/no cost for the hosts
- Alcohol and drug free
- Held in-person. We will consider virtual events also, especially as the weather gets colder and travel may become more difficult.
- Outdoor if possible and ideally in an accessible or public space
- Accessible, inclusive, and welcoming

Expectations of host:

- Must have someone over the age of 18 as host or co-host if the person organizing the activity is a minor.
- Please be mindful of everyone's time. Try to keep events under two hours. Hosts have the responsibility of staying at the event regardless of how many people show up. However, you may leave if no one shows up within 20 minutes of the start time.
- Read a short statement at the beginning of your event that explains the purpose of the activity.
- In the final few minutes of your activity, thank everyone for coming and ask them to complete a very short survey.
- Complete a short *Activity Host Survey* after the activity.

Sample activity ideas:

Puzzling/puzzle exchange	Canning/pickling	Bubbles in the park	Hiking together
Bocce in the park	Innovations with venison	Farm visit	Stamping
Open mic	Making bread	Neighborhood chalk art	LGBTQAIs+ family events
Jewelry making	Beading	Kubb in the park	Potlucks
Trans beach party	Zumba in the park	Learn about bee keeping	Beach fire
Movie chat	Carving	Pollinator gardening	Birding for newbies
Recipe swap	Pencil drawings	Park run, walk or hike	Antiquing
Construction techniques	Drum circle	Tie Dye	Storytelling
Anime drawing	Bring the jazz	Photography meet up	Genealogy
Foraging	Poetry or spoken word	Astronomy events	Packers vs Vikings
	Trying pickle-ball	Guitar	Board game night