

# Join Us!

Advocates play a significant role in encouraging survivors to create positive changes in their lives; often at the cost of their own self-care. As advocates we frequently talk about self-care, but what does that look like for us? **FCADV staff encourages you to join us in taking the steps to make positive changes in each of our lives!** The balance between work, family and personal life often takes up all of our time, but now we want to shine the light on how essential it is to take a little time for ourselves.

Over the next **six weeks** we encourage you to **do something positive for yourself**- whether it is

- ⇒ exercise
- ⇒ eating healthy meals
- ⇒ quitting smoking
- ⇒ or even just taking 30 minutes a day for yourself.

Here is an opportunity to spend some time on yourself so you can continue to be happy, healthy and able to continue the important work you do every day.

**Use this tracking log to record your daily progress from April 3 to May 14. Submit your totals at [www.fcadv.org](http://www.fcadv.org).**

The culmination of your efforts will be a two-day celebration of happiness and healthfulness during the **2011 Annual Institute in Orlando, FL on May 24-25**. FCADV has an exciting prize for the center reporting the highest participation rate. Attendance at the Institute is not required. This Institute will be filled with health conscious and mindful activities and opportunities that will celebrate your success and get you inspired to maintain your self-care lifestyle.

For more information about this project please visit [www.fcadv.org](http://www.fcadv.org).  
Direct questions to Kim Wiley  
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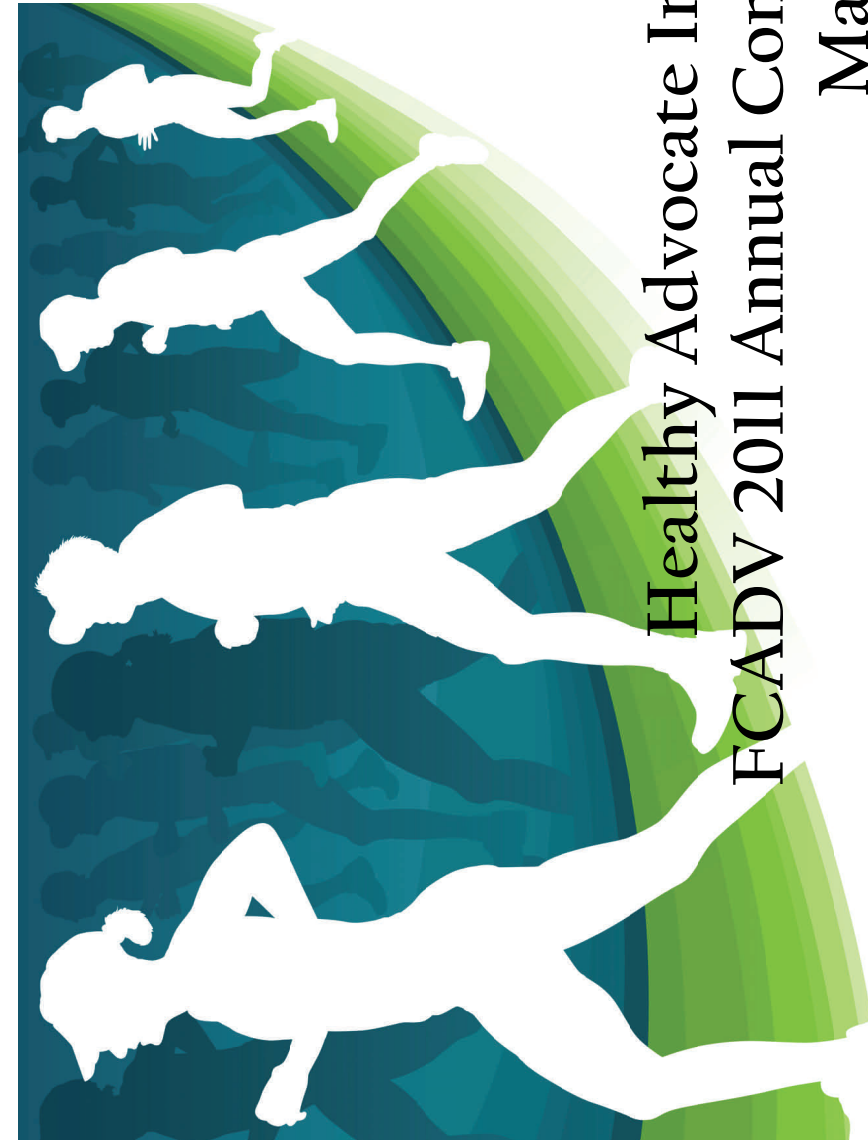
## AT THE 2011 FCADV ANNUAL INSTITUTE ADVOCATES CAN LOOK FORWARD TO:

- Morning yoga sessions
- Walking and jogging groups
- Healthy meal opportunities at all catered Institute events
- A wellness workshop on the evening of Tuesday, May 24, 2011 with Renee Mitchell



**Sponsored by the Florida Coalition Against Domestic Violence and the State of Florida, Department of Children and Families.**

Renaissance  
Orlando  
at SeaWorld



Healthy Advocate Initiative  
FCADV 2011 Annual Conference  
May 24-25

