**Start Over**

**Program Submission Form**

# Program Date: January 9, 2017

# Submitted by: Laura Zito, Pat Briggs

**Please check the appropriate purpose(s) below.**

**Program Purpose:**

* To UNITE women educators of the world in a genuine spiritual fellowship.
* To STIMULATE the personal and professional growth of members and to encourage their participation in appropriate programs of action.
* To INFORM the members of current economic, social, political and educational issues so that they may participate effectively in a world society.

# Program Title: Getting Lean and Clean in 2017

# Program Summary: Delta Theta members will be encouraged to start the new year focusing on being a healthier member. Laura Zito, Elisa Breuer, and Pat Briggs will offer tips on good nutrition and new trends in eating clean on the way to being healthy and lean in 2017. Members will be challenged and encouraged to set healthy goals and team with other members for support.

**Program Facilitators:** Laura Zito, Pat Briggs, Elisa Breuer and the Research Committee

**Music**: If You’re Healthy and You Know It *& The Delta Kappa Gamma Song*