

## Resources for Lawyers August 2019 BAMSL Health & Wellness Month Activities

BAMSL has a section on its Web site devoted to Lawyer Well-Being. Please visit [www.bamsl.org/WellBeing](http://www.bamsl.org/WellBeing) for updates or if you need assistance with health and wellness issues. The following resources also are always on the BAMSL Web site.

### Read the Report from the ABA's National Task Force on Lawyer Well-Being

The American Bar Association (ABA) National Task Force on Lawyer Well-Being defines well-being and sheds light on the lack of well-being in the legal profession. Then the report offers concrete, actionable recommendations on how to fix the problems with lawyer well-being. The recommendations are organized by global actions that everyone can take, and then broken down by stakeholder. Read the report here: [https://www.americanbar.org/groups/lawyer\\_assistance/task\\_force\\_report/](https://www.americanbar.org/groups/lawyer_assistance/task_force_report/)

### Missouri Lawyers' Assistance Program (MOLAP) | 1-800-688-7859

The Missouri Lawyers' Assistance Program is a professional, confidential counseling program for members of The Missouri Bar, immediate family members who reside with them, and law students. Through a variety of free services, MOLAP helps individuals overcome personal problems such as substance abuse, depression, stress and burnout.

### Illinois Lawyers' Assistance Program | 1-800-LAP-1233

Lawyers' Assistance Program is a not-for-profit organization that helps Illinois lawyers, judges, law students, and their families concerned about alcohol abuse, drug dependency, or stress related issues like anxiety, burnout, depression, and many others. Our services include individual and group therapy, assessments, education, peer support, and intervention.

### ABA Directory of Lawyer Assistance Programs

[https://www.americanbar.org/groups/lawyer\\_assistance/resources/lap\\_programs\\_by\\_state/](https://www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state/)

Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3
		Welcome to the Y; Guided Meditation & Stress Reduction Techniques 4:00 - 4:45 p.m. YMCA Downtown at MX		
6	7	8	9	10
	Fit Happens!... Simple Steps for a Healthier, More Productive Life! with Todd Whitthorne 2:00 - 2:45 p.m. Webinar	Yoga at the Y 4:00 - 4:45 p.m. YMCA Downtown at MX		
13	14	15	16	17
	Executive Committee Walk & Firm Visits 4:00 - 4:30 p.m. Executive Committee Meeting 4:30 - 5:30 p.m. Capes Sokol	Nutrition Discussion & Demonstration (Healthy Snacks) 4:00 - 4:45 p.m. YMCA Downtown at MX	Bar at the Barre 7:30 - 8:30 a.m. Barre3 (Des Peres)	Project XOXO Run 7:30 a.m. Tower Grove Park
20	21	22	23	24
		CLE: Still Life (Mental Health & Stigma) 8:30 - 10:00 a.m. BAMSL Bar Center Stretches for the Business Professional & Proper Form Instruction 4:00 - 4:45 p.m. YMCA Downtown at MX	Rise and Shine Yoga with Amy Johnson (Open Levels) 8:00 - 9:00 a.m. Dowd Bennett LLP	Lawyers in Motion for Kids (cycling class benefiting BAMSL's Motion for Kids program) 1:00 - 1:45 p.m. CycleBar Chesterfield
27	28	29	30	31
Mindfulness can Improve your Life and Practice with Coke Hennessy and David Lander 8:30 - 9:20 a.m. BAMSL Bar Center		Boot Camp/Fun Circuit Training Workout 4:00 - 4:45 p.m. YMCA Downtown at MX		

One-on-one Health/Wellness Consultations with Michael Federer at YMCA Downtown at MX by appointment. Call 314-436-4100 to schedule. (FREE)

### SUICIDE PREVENTION

#### National Suicide Prevention Lifeline | 1-800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

#### Crisis Text Line

Text HOME to 741741 or visit <https://www.crisistextline.org>

#### Veterans Crisis Line

Call 1-800-273-8255 or visit <https://www.veteranscrisisline.net>

### ADDICTION SUPPORT

#### Alcoholics Anonymous

Find a group at [https://www.aa.org/pages/en\\_US/find-aa-resources](https://www.aa.org/pages/en_US/find-aa-resources)

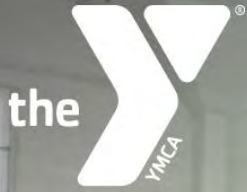
#### Narcotics Anonymous

Find a group at <https://www.na.org/meetingsearch>

#### 1-888-BETS-OFF (Gambling Addiction)

Call 1-888-BETS-OFF (238-7633) or visit <https://www.888betsoff.com>

For details and the most updated calendar, please visit [www.BAMSL.org/WellBeing](http://www.BAMSL.org/WellBeing)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BRINGING  
FITNESS TO  
YOUR DOORSTEP**

## **Welcome BAMSL!**

**PRESENTED BY THE GATEWAY REGION YMCA at the DOWNTOWN MX!**

August 1<sup>st</sup> - Guided Meditation with Michelle!

August 8<sup>th</sup> - Yoga with Julie!

August 15<sup>th</sup> - Nutrition Discussion with Michael!

August 22<sup>nd</sup> - Stretches and Form with the fitness team!

August 29<sup>th</sup> - Circuit Training with the fitness team!

**Every Thursday in August at 4:00pm!**

Call 314.436.4100 or Contact [Michael.Federer@qwrymca.org](mailto:Michael.Federer@qwrymca.org) for more information!

At the Downtown MX YMCA 605 Locust Street St. Louis MO 63101

# Exclusive Offer for BAMSL Members During Health and Wellness Month

## BAMSL HEALTH & WELLNESS MONTH

BAMSL is pleased to partner with BH Fitness USA, a fitness and bikes company based in St. Charles, Mo., during our Health and Wellness Month. BH Fitness USA is offering our members an exclusive opportunity to purchase deeply discounted exercise equipment for your law firm or home-based office. The Workstations (which include 2 USB charging ports and 3 AC outlets) as well as the Ellipticals, Indoor Cycles and Rowers are the perfect additions to your law firm's or personal health and well-being programs.

For each piece of equipment that a law firm or legal professional purchases, BAMSL will receive a \$50 royalty. BH Fitness USA is offering the following exercise equipment to BAMSL members only and only from Aug. 1, 2019, to Aug. 31, 2019 (while supplies last).\*

Do not miss out on this exclusive offer for BAMSL members.

To take advantage of this one-time exclusive offer for BAMSL members, please contact Preston Anderson toll-free at 855-491-1600 or [BAMSL@BHNorthAmerica.com](mailto:BAMSL@BHNorthAmerica.com).



Elliptical (Model No. S3XiB)  
BAMSL MEMBER PRICE: \$959  
(discounted from regular price of \$1,999)



Elliptical (Model No. S1XiB)  
BAMSL MEMBER PRICE: \$959  
(discounted from regular price of \$1,299)



Workstation (Model No. LK500WS)  
BAMSL MEMBER PRICE: \$959  
(discounted from regular price of \$2,299)



Indoor Cycle (Model No. S3iC)  
BAMSL MEMBER PRICE: \$359  
(discounted from regular price of \$899)



Rower (Model No. LK500RW)  
BAMSL MEMBER PRICE: \$789  
(discounted from regular price of \$1,699)

\* Prices do not include taxes, shipping or installation.