



## Do **YOU** Have What It Takes To Be A Wellness Champion?

Wellness Champions (WCs) are employees who share an interest in health and are dedicated to helping other employees participate in the (MPR Entity name) Wellness Program. Wellness Champions take an ownership role to help make the program successful. The Wellness Champions act as communication specialists for the program at each location. They actively recruit fellow employees to participate in the program and help promote and communicate about the program. You will serve as a resource for questions and will represent your fellow employees by sharing ideas and concerns. Wellness Champions share their own creative ideas about increasing interest and actions about improving health. The estimated commitment of time per month is approximately 2-3 hours, with at least 30 minutes allotted each month for a monthly WC meeting.

Our goal is to have the healthiest employees and the most pleasant working environment! To be a Wellness Champion, you **do not** have to be the fittest or healthiest. We are looking for representation that comes from different roles within (MPR entity name). All we ask is that you have a commitment to making the (MPR Entity name) Wellness Program be the best possible!

There will be a kick-off meeting that will be face-to-face and will be held (date). This meeting will allow you to network and meet the other Wellness Champions in the group. In addition, you will also receive some training about the role of being a Wellness Champion and how you can support the launch of the (MPR entity name) Wellness Program at your location.

Following the kick-off meeting, we will then meet once a month usually for 30 minutes on a conference call or in person. This gives us time to recap what is going on in the program, share our thoughts, learn what is coming, and to look at program participation numbers. We will have an agenda each month for an efficient meeting. We try our best for the meetings to be light and fun, and to have a team that we can all be proud of. In addition, please keep in mind that you may be asked to help with other activities such as answering fellow employee's questions about the (MPR entity name) Wellness Program, the website, challenges/activities, or posting flyers and communication pieces.

So far we have one Wellness Champion for each of the following locations:

(entity departments or locations)

BUT.....we still need Wellness Champions for the following locations:

- xxxxx
- xxxxx
- xxxxx
- xxxxx

**If you are interested in becoming a Wellness Champion for your location, please contact (MPR entity contact) at (MPR entity contact email address) by (date).**

**Thank You!  
Here's to Healthy Living!**