

WELLNESS@WORK CHAMPIONS

HELP PROMOTE WELLNESS IN YOUR DEPARTMENT/UNIT

Champions:

- Receive regular communications from the Wellness@Work Coordinator
- Distribute flyers, posters, brochures and announcements on wellness programs to co-workers in their department
- Pass along information about upcoming wellness events and programs during regular staff meetings
- Encourage members of their department to participate in wellness programs and activities
- Bring feedback and requests from co-workers to the Wellness@Work Advisory Committee
- Are an enthusiastic liaison with the Wellness@Work Advisory Committee

The time commitment is one to two hours per month, for at least a one-year period. This is open to all University of Guelph employees, in all positions and all locations.

More Information:

- Email wellness@work@uoguelph.ca or
- Visit www.uoguelph.ca/wellnessatwork



University of Guelph

Wellness
@Work