



## ***Become a Wellness Champion***

**In order to achieve Creighton's goal to be a healthier campus,**

# **WE NEED YOU!**

**WHY?** Very few of us are able to maintain a healthy lifestyle 100% of the time. We often find ourselves sliding toward those habits that are not in our best health interests. With the increasing demands at the workplace as well as in our personal lives, maintaining a healthy lifestyle has become a challenge.

**WHAT?** Too often, making time during each day to improve your personal well-being is diminished or eliminated altogether. We want to give you an opportunity to do some things differently, to do something for yourself and your fellow co-workers at the same time. We are looking for volunteers to be wellness champions. As a Wellness Champion, you will have the opportunity to serve as an ambassador for the Creighton's Employee Wellness Program via the following opportunities:

- ❖ Share your enthusiasm about good health.
- ❖ Encourage others to get healthy and participate in wellness programs.
- ❖ Be a role model for your co-workers and peers.
- ❖ Communicate important information with your workgroup about wellness.
- ❖ Be a part of an enthusiastic, motivated group of Creighton employees.



**WHEN?** Serving as a Wellness Champion will not take a lot of extra time during the day. This role is essential, however, to the success of the overall wellness program. We anticipate 3 or 4 connections annually to keep you informed of upcoming programs and solicit your assistance. We'll also provide you with a "Backpack" to give you some fun ideas on how you can help. The Wellness Coordinator will also send occasional e-mail updates and/or we may develop a webinar for you to listen in and learn more.

**HOW?** It's super easy! We need as many champions as possible starting now! If you are looking for a unique opportunity to help yourself and others to improve health and well-being, please click on this link to get signed up today.

**SIGN UP TODAY!**

<http://www.surveymonkey.com/s/2B5R2LR>