

# WORKPLACE WELLNESS TEAM

## The SPSCC Workplace Wellness Team Needs You!

The Workplace Wellness Team is currently recruiting for new members who are committed to self-care, healthy habits, and the ultimate work/life balance.

### Why Workplace Wellness?

- Do you want to have good health?
- Do you want to experience total well-being and a sense of satisfaction?
- Do you want to spend more time doing things that make you happy?
- Do you want exciting things to look forward to?
- Do you want to have more fun in your life?

If you answered 'Yes' to any of these questions, then workplace wellness is for you.

### What is the role of the Workplace Wellness Team?

#### “Communicate, Participate, Motivate”

- The Workplace Wellness Team is a group of individuals committed to creating a healthy worksite and a culture of wellness. Through our program we hope to educate, inspire, and strengthen the lives of our employees and their families in the area of health and wellness. Committee members will work together to foster collaboration and enthusiasm among employees; and provide critical communication and advertising that is essential to building strong awareness and participation.

### What will I have to do?

- **Communicate:** Bring your ideas, bring your co-worker's ideas, and even bring your neighbor's ideas. The more communication, promotion, and collaboration, the better.
- **Participate:** Be an advocate! You don't have to be involved in every event to be a Wellness Champion. Pick a few events that interest you and go for it!
- **Motivate:** We are looking for members who share a personal interest in health & well-being and possess a sincere desire to help others enhance their quality of life.

### Interested?

- Contact [Lacy Neal](#) to get more information on how you can have an active role on the Workplace Wellness Team and contribute to the continuing success of this program.