

# **Workplace Wellness Program Plan: {COMPANY NAME}**

## **Sample: Call for wellness volunteers**

Become a workplace wellness champion and member of the wellness committee.

### **What is the wellness committee?**

You may be looking at this wondering what a wellness committee is. Well workplace wellness programs that have committed wellness committees are one of the major keys to success for an effective program. Because of this, we are looking for committee members like you that have skills in planning, communications, networking, evaluating, along with interests in, or for learning more about health and wellness or are looking to develop these skills.

### **Purpose of becoming a volunteer?**

Well the purpose of becoming a volunteer is to champion workplace wellness in your work environment. Volunteers will sit on the wellness committee and contribute to the discussions and ideas of the committee. Volunteers then take back information from committee meetings to their worksites; inform their colleagues of relevant wellness information and/or champion wellness activities and initiatives. A volunteer can also assist in providing a "wellness lens" to social aspects of their work environments.

### **Roles and Responsibilities of a wellness committee volunteer**

- Attend wellness committee meetings
- Actively participate in wellness committee meetings
- Participate in taking meeting minutes on a rotating schedule
- Influence the wellness environment/culture of the workplace as a whole
- Volunteer for and complete task as required of the wellness committee
- Translate information to and be available to colleagues on the topic of workplace health
- Act as a workplace wellness role model/champion
- Actively participate in workplace wellness initiatives as determined by the wellness committee