

**If you have a passion for active living, chances are you're the perfect fit.**

REVISED BY MOLLY LITTLE

**DRAFT**

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Join us in the Staff Lounge on **Wednesday, December 7** from 2:30 to 3:30 p.m. for the Wellness Champion Recruitment Mixer. You'll enjoy light snacks, chat with returning champions, and learn what the being a wellness champion is all about.

# Become a 2017 wellness champion

## What is an Alberta Blue Cross wellness champion?

Wellness champions care about health and wellness and want to inspire others to do the same. Wellness champions will help communicate the initiatives and overall wellness strategy of our Alberta Blue Cross wellness team as well as act as wellness advocates for their floor or department.

## What are the benefits of being an Alberta Blue Cross wellness champion?

The biggest benefit of being a wellness champion is being part of a community of like-minded people who are also inspired to create a healthier workplace. Wellness champions want to spread their enthusiasm and passion for what Balance can offer and provide innovative ideas for improving the overall health and wellness of our organization. The wellness team and wellness champions will connect monthly as a community to discuss ideas, strategies, needs, questions and feedback. Their voice matters. We want to hear from them and the people they represent on a consistent basis. Wellness champions will also be able to track our organization's progress and know that their efforts directly impact our success.

## Who is best suited to be a wellness champion?

Alberta Blue Cross wellness champions share Alberta Blue Cross's values around the importance of health, well-being and living a quality lifestyle. Wellness champions are ready and willing to dream big and be a part of a movement to improve the overall health and wellness of our company. Whether they consider themselves weekend fitness warriors or simply value living a healthy lifestyle by staying active and eating well, they have a desire to take a stand for something that matters and want to help others make positive health choices. Wellness champions are natural leaders ready to help their department use Balance and work in community with other wellness champions doing the same.



## How to get involved

If you are interested in getting involved, or if you would like to nominate someone else for the position, please contact Linda Crawford. Be sure to include your floor, cubicle number and department and provide a short explanation of why you think you (or your nominee) would make a great wellness champion. Successful candidates will be notified in the New Year.