

HOW WE CAN HELP YOU!

COMMUNICATION

- Emails
- Fliers
- Handouts
- Newsletters
- Posters

PRESENTATIONS

- Create new/edit existing
- In-person (Lunch 'n Learns)
- Webinars (WebEx)
- Request a topic from provided list



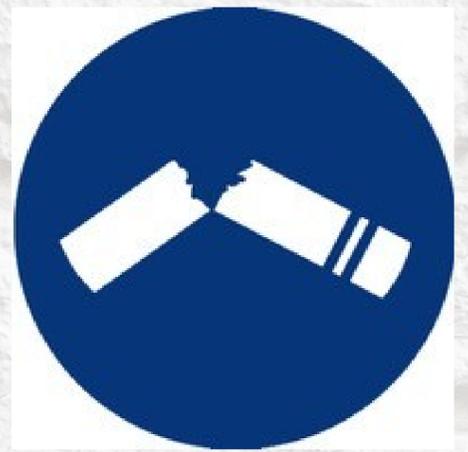
MEETINGS

- New Wellness Council Chair & member meetings
- Strategy meetings
- Attend scheduled Wellness Council meetings



ON-SITE ACTIVITIES

- Help facilitate on-site events & activities



CHALLENGES & ACTIVITIES

- Create new/edit existing challenges
- Contribute ideas