



Social Media



Facebook, Instagram & Twitter

- Daily updates about initiative news, upcoming events, challenges and health observances
- Tips for making your favorite recipes healthier
- Tips for staying active, especially in the workplace
- Motivation to live a healthy lifestyle
- Focus on positivity and humor
- Place where Wellness Councils can collaborate on ideas and share what is going on in their departments



YouTube

- Success story videos featuring employees who have achieved a healthy lifestyle through physical activity, healthy eating and/or tobacco cessation
- Video from events
- “Why serve on the Wellness Council?” video from former Wellness Council Chair, Assistant Commissioner of Finance & Administration Buddy Lea