



## Our Wellness Council is recruiting new members!

Are you interested in helping plan and promote activities that support healthier habits at work?

If you enjoy living a healthy lifestyle and encouraging others, please consider joining us. No previous experience is necessary!

Please reach out to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov).

## What do you enjoy about being on the Wellness Council?

"Sharing great ideas to help me maintain good health"

"The comradery we have and making wellness fun"

"Making a difference and setting a positive example"

