



HOW TO MAKE A SUCCESSFUL WELLNESS COMMITTEE

Launch with Executive Support

Members from All Departments
(No Senior Managers)

Events Should Include All Workers
(Including Night Shift)

Have a Policy to Rotate Out Members

Set a Goal for How Many Events You Want to Have in a Year

Wellness Calendar

Vary Event Types
(Potlucks, Lunch 'n Learns, Cookoffs, Walks, etc.)

Survey Employees After Each Event

COMMUNICATE

Take Photos and Share Them!