



Share a wellness tip

The Wellness Committee will share a wellness tip with staff once a week, using your committee’s preferred platform – email, Facebook group, bulletin board, etc. Each member of the committee will sign up to share at least one tip, but you can sign up for more if you’d like. The tips should fit within the five wellness categories: mindfulness, movement, nutrition, social and financial. Suggested topics include healthy recipes, inspirational quotes, articles (include both the text of the article and the link), business appropriate cartoons, holiday themes, etc.

Date	Committee member