

## Western University Employee Wellness Champion Network



### What is a Wellness Champion Network?

A Wellness Champion Network is a group of faculty, staff, and graduate students that will work together with the Living Well @ Western team to create an environment that promotes and supports the health and well-being of employees at Western.

Wellness Champions:

- Champion of a Faculty/Department/Unit
- Communicate and promote Living Well @ Western events within their areas
- Promote health and wellness initiatives
- Share resources and learning opportunities with faculty and staff in your Faculty/Department/Unit
- Spread awareness about available programming
- Share and provide feedback about programming with Living Well @ Western Team
- Participate in network opportunities with other Wellness Champions

### What does it take to be a Wellness Champion?

- Length of term: Champions are asked to commit to a minimum of one year with an option to recommit to the role annually
- Time commitment: 1-2 hours per month

### Contact Information

If you are interested in becoming a Wellness Champion for your area, or you know someone that would make an excellent candidate, please send an email to:

[livingwell@uwo.ca](mailto:livingwell@uwo.ca)