



THE SCHOOL DISTRICT OF
PALM BEACH COUNTY, FL

DIANNE L. HOWARD
DIRECTOR

MICHAEL J. BURKE
CHIEF OPERATING OFFICER

RISK AND BENEFITS MANAGEMENT
3370 FOREST HILL BOULEVARD, SUITE A-103
WEST PALM BEACH, FL 33406

PHONE: 561-434-8414 / FAX: 561-434-8103

WWW.PALMBEACHSCHOOLS.ORG/RISKMGMT/INDEX.ASP

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Contact(s):

Kim Sandmaier, PX 48044

Kimberly.sandmaier@palmbeachschools.org

Action By:
September 10, 2013

TO: All Principals and Department Heads

FROM: Michael J. Burke, Chief Operating Officer *MJB*

SUBJECT: WELLNESS CHAMPION PROGRAM 2013-14


A **Wellness Champion** is a staff member with a commitment and passion to health. This individual volunteers to serve as a school/department ambassador for the Employee Wellness Program. Wellness Champions receive recognition, incentive prizes, professional development, and are eligible for a \$500 honorarium. They share information, engage friends and colleagues to participate in wellness programs, and serve a key role as messengers and motivators for leading a healthy lifestyle. While the focus is to promote the health and well being of District staff through education, behavior modification, guidance, and support, the program also produces good role models for the students while supporting high student academic achievement.

Wellness Champions are vital to the success of Employee Wellness and have several options to provide great wellness programs for their location. Our goal is to have a representative at every school or department, and we are well on our way with **187 Wellness Champions**. Last year, we were able to complete 328 programs reaching 13,838 participants. This dedicated group of individuals help our employees adopt a healthy lifestyle and improve their quality of life. With each year, we continue to make great strides in improving the health, wellness, and safety of our employees.

Please designate a representative from your school/department who is willing and excited to serve as a Wellness Champion. Wellness Champions will be invited to participate in Meet & Greet Events during September to learn more about this year's program. Please have your Wellness Champion register on the **TrainU Learning System**, course **Wellness Champion Programs FY14 by September 10, 2013**. We are excited about the opportunity to promote wellness and partner with you this school year. Thank you for considering this opportunity. We appreciate your support of the Employee Wellness Program and look forward to working with your Wellness Champion.

EWG/MJB/DLH/KS:lb

Approved: _____


E. Wayne Gent, Superintendent