## **WELLNESS CHAMPION - PROGRAM BUILDING TOOL**

"Wellness is strategic, not a quick-fix approach!"

Visit www.ewsnetwork.com for more.

	A HE	ALTHY WORKP	LACE
VISION STA	ATEMENT		MISSION STATEMENT
w			s program here? e wellness program?

## **WELLNESS CHAMPION - PROGRAM BUILDING TOOL**

	Main Wellness Objectives	
1.		
2.		
3.		
	Being an Effective Leader and/or Wellness Champion - Main Points/Action Items	
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Group	Awareness
Individual/Corporate Assessment	Supporting Initiatives

#### **WELLNESS CHAMPION - PROGRAM BUILDING TOOL**

### **Strategic Affiliate Memory Jogger**

Name, Company Name, Email/Contact Acupuncture Acupressure Allergies Aromatherapy **Art Therapy Asthma Back Health Cancer Society** Chiropractor **Diabetes Association Fitness Instructors Gait Specialist Healing Touch Therapist** Hearing **Heart and Stroke Foundation** Herbal Specialist **Holistic Nutrition** Homeopathy Hydrotherapy Ionic Footbaths/Detox Iridologist **Kickboxing** Massage Therapist Men's Health Mental Health **Motivational Speaker Naturopathic Doctor** Osteopath Osteoporosis Society Pedorthist **Pharmacist Pilates** Reflexologist Reiki **Shoe Specialist Smoking Cessation** Stress Management Tai Chi Women's Health Yoga

## **WELLNESS CHAMPION - PROGRAM BUILDING TOOL**

#2 – Visibility/Value –	Main Points/Action Items
#3 – Supportive Progran	ns – Main Points/Action Items
What Have We Tried?	How Do We Change?