2017 AHA Workplace Wellness Symposium



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Employee Wellness Program



- Established prior to 2012
 - Weight Loss groups
 - Health and Wellness classes
 - President's Movement challenges

Employee Wellness Program



- Re-established
 - Weight Loss groups
 - Health and Wellness classes
 - Walking Challenges

Employee Wellness Program



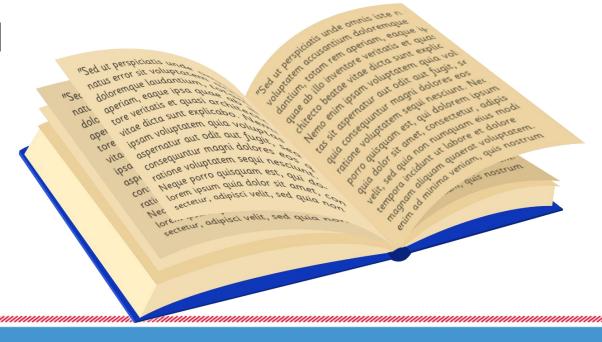
- Added other things
 - Fruit and Veggie Challenges
 - Dance Walking Competitions
 - Increasing Benefit awareness

Then...
American Heart Association

My AHA Story



- 2015 Workplace Wellness Symposium
- AHA Workplace Wellness Committee
- Fil Guipoco Health Achievement Index, Culture of Health
- Karen Larimer Health Council



AHA Workplace Wellness Committee



- Increased awareness on the importance of heart health
- Education on health and wellness industry topics
- Synergy among a cross-section of wellness professionals
- First-hand info about AHA tools, resources and observances

AHA Tools at Catholic Charities



- Health Achievement Index
- Culture of Health
- National Healthy Eating Day
- Check Change Control Summer 2017
- Wear Red



The Heart of Charities: Wear RED 2017





Employee Wellness Site

Employee Wellness Site

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Our Mission

The Committee

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Documents

for Employees

Surveys

2016 Dance Walking

The R.O.A.D. to Wellness

Team Activities

Wellness Fun and Games

Fun & Games Sign-Un

Welcome to Employee Wellness!

We appreciate you taking the time to visit. It is our hope that as we develop this site you will find it both useful and informative. Our purpose is to promote a culture of wellness by facilitating a supportive environment that encourages employees to initiate and maintain behaviors that enhance their total health. All employees of Catholic Charities have the opportunity to participate in the employee wellness program.

Going to the GRAMMY'S 2017 Walking Competition

Winners!

ROADRUNNERS



Wear Red 2017





Wellness Coordinators Need



- Personality
- People
- Creativity
- Incentives



Incentives...









"AWE..."



Anjanette's Words of Encouragement

1. Incite Excitement

2. Understand Wants/Needs

3. Realize What you can do

4. Relax About the money

5. Research Options

6. Collect Data

7. Enjoy The journey

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