

City of Memphis Wellness Champion Role

Wellness Works Mission Statement:

To empower employees to achieve holistic health by providing education, resources, and support all while fostering a culture of wellness within City of Memphis Government.

Purpose

Our purpose is to plan, promote, and execute the City's wellness program, Wellness Works. Wellness Champions are vital to enhance the acceptance and success of the wellness program activities by encouraging employee ownership of the program. Wellness programs encourage a productive work environment by promoting a healthier lifestyle through programs designed to improve employee self-image and enthusiasm and continue to foster a culture of health and wellness within our workforce.

Meetings

The Wellness Champions will meet once a month for approximately 30-45 minutes via conference call. However, once per quarter, there will be a meeting held onsite. Locations will vary.

Terms

Each member will serve for one year.

Qualifications

- Sincere desire to help fellow employees enhance their quality of life.
- Commitment to help the Wellness Program succeed.
- Available to meet at least once a month.

Responsibilities

- Actively promote program activities within your division through use of departmental meetings, emails, posters, intranet, newsletters, etc.
- Assist with planning onsite programs/events.
- Assist with promotion and set up at onsite health screenings at your worksite.
- Provide feedback to the committee about your thoughts, ideas, and suggestions, and those of your coworkers.
- Recommend policy and environmental changes that are aimed at improving the health and safety of employees.

Wellness Program Contact:

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