

Re: Wellness Program

Good afternoon,

As (leader title) of (organization name), I want to strongly encourage and support you to live a healthy lifestyle. It's important that we take care of ourselves and our families so we can experience a high quality of life at work – and at home.

The (organization name) wellness committee, led by (Wellness Champion's name), provides ongoing health events and activities to promote a healthy workforce. Please participate in these health promotion activities and encourage your co-workers to take small steps towards a healthier lifestyle as well. If you are on the State Health Plan, your benefits also include access to several free programs and services to improve your health and well-being. To learn more about these benefits, visit [www.shpnc.gov](http://www.shpnc.gov). I hope you will take advantage of these activities and benefits so that you can experience improved health, energy, productivity, and less injuries and illnesses.

Managers and supervisors, you can help shape our culture and inspire a commitment to health and well-being by empowering the people you work with to learn more about their health.

We all play a role in creating a culture of health and wellness here at (worksite name), starting with the choices you make today. Together, we can create a healthier (organization name)!

To Your Health,

(Name)

(Title)

(Contact Information)