



VCU

VIRGINIA COMMONWEALTH UNIVERSITY

Interested in wellness? We need you as a VCU Wellness Ambassador!

Wellness Ambassadors play a vital role in supporting VCU's wellness mission to promote lifestyle improvements that support good health and improve quality of life. Because they know their coworkers and work area, ambassadors can motivate their colleagues to achieve healthier lifestyles. As champions of wellness and catalysts for change, ambassadors can provide opportunities for co-workers to increase their energy level, enjoy more productive work days and ultimately feel better.

Here are some of the benefits of being a Wellness Ambassador:

- Receive first-hand information on CommonHealth and other wellness activities
- Be a healthy role model
- Expand your knowledge of health and wellness
- Play an important role in improving morale in your department
- Work with other wellness ambassadors

As a Wellness Ambassador, your time commitment is minimal, estimated at one hour per month. Information meetings are held periodically throughout the year. Your duties as a Wellness Ambassador would include:

- Disseminating information to faculty and staff regarding wellness activities and seminars
- Reserving time in your staff meetings to announce upcoming wellness activities and seminars or requesting wellness activities at your worksite
- Providing information about resources and services to your department co-workers
- Distributing emails, posters, brochures and announcements
- Encouraging participation in programs and screenings

**Would you like to participate? Contact Work/Life at worklife@vcu.edu
or call 828-1521.**