

Recruitment Template for a Wellness Committee

***Company ABC is starting a Wellness Committee
and we would like you to join!***

What is a wellness committee?

A wellness committee is a group that meets on an ongoing basis and works together to facilitate programs, activities, and policies that promote healthy behaviors among employees. The wellness committee will consist of a group of employees that represent different areas within the company who share in the mission of aiming for good health and a healthy workplace.

Who should get involved?

We would like leaders and employees from all departments to participate. Together, we can learn from each other and share ideas for new programs. Each employee has a unique perspective that will be valuable in making decisions that will affect the entire employee population.

What are the benefits of participating?

- Getting to know other employees
- Working together with your colleagues to create a healthier worksite
- Becoming a health advocate among your colleagues
- Promoting a healthier culture within your organization
- Achieving a more positive and healthier environment
- Learning how to lead a healthy lifestyle

To get involved, please contact _____ at _____ for more information.

Additional suggestions:

- *Include your company logo to personalize the template*
- *Tailor the message to your employee population and your worksite setting*
- *Have Senior Management personalize the template*
- *How does your employee population receive information? Is it through e-mail blasts, mailings, company intranet, printed materials in the lunch room, company newsletter?*