Nominate a Wellness Champion

Accepting Nominations Feb 22 – Mar 16

Do you know someone who celebrates and promotes wellness for themselves and possibly for others? Do they fly under the radar but likely motivate and encourage colleagues by setting a great example?

We want to recognize them!

How to nominate a colleague:
Send an email to wellness@uc.edu with the following:

- Name of individual being nominated.
- Name of nominator (your name).
- Emails for both individual and nominator.
- 2-3 sentences about why the person sets the example, raises the bar and should be awarded.

Why recognize someone? Here’s what they’ll get:

- Winners will be notified by March 23rd and invited to attend a recognition event in April.
- Name and story will be shared on the Be Well UC website and in E-Currents.
- Winners will be given an award and both winners and nominators will be awarded a gift card.
- An invitation to join the Wellness Ambassador team.

Questions?
Please contact wellness@uc.edu
uc.edu/hr/bewelluc