Nominate a Wellness Champion

Accepting Nominations Feb 22 – Mar 9

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 23\textsuperscript{rd} 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