

# 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](mailto: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<sup>rd</sup> 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.



**Be Well UC**

*educate • support • empower*

*Questions?*

Please contact [wellness@uc.edu](mailto:wellness@uc.edu)  
[uc.edu/hr/bewelluc](http://uc.edu/hr/bewelluc)