

WELLNESS COMMITTEE

What are the benefits of a Wellness Committee?

A Wellness Committee plays a key role with health promotion in the workplace. Not only does a Wellness Committee work to promote better health across your organization, but it also demonstrates a commitment to your organization.

How do you establish a Wellness Committee?

- Identify and recruit people from multiple levels of support within your organization.
 - The committee should be diverse and represent the entire organization.
 - It is important to have at least one “wellness champion” on your committee.
- Depending on the size of your organization, 6-12 people is an ideal number of members on your committee.
 - Keep in mind, the effectiveness is in the people involved, not the number.
- Establish clear roles
 - Designate the chair of the team (this can be revolving).
 - Draft agendas and meeting minutes.
- Name and brand the Wellness Committee.
 - Establish connections across the organization and generate enthusiasm.
- Develop a health promotion operating plan.
 - Establish a vision statement, goals and objectives.
- Implement, monitor and promote activities or programs across your organization.
- Evaluate programs and policies at your organization.



For more information on how to establish a Wellness Committee in your organization, visit partnersforahealthycity.org/policy-center/