

Has your worksite developed a foundation for worksite wellness?  
(See the WorkWell KS checklist)

**YES**

**NO**

Register your worksite wellness committee for topic-specific workshops in your region. Choose based on the health priorities that are most important to your worksite and what you feel ready to take on.

Workshops available in 2015 are:

- **Healthy Foods**
- **Tobacco**

There will be additional topics/workshops launching in 2016

Prior to attending a topic-specific workshop, participants must complete the following:

- ✓ **Executive Commitment**
- ✓ **Worksite Assessment**

Attend a half day workshop as a worksite wellness committee. During the workshop, you will develop an annual worksite wellness plan.

Complete a one year follow-up assessment

Register your worksite wellness committee for an "Establish a Worksite Wellness Foundation" workshop in your region.

Prior to attending a foundation workshop, participants must complete the following:

- ✓ **Executive Commitment**
- ✓ **Worksite Assessment**

Attend a half day workshop as a worksite wellness committee. During the workshop, you will develop a plan for creating a strong foundation to ensure sustainability of your worksite wellness efforts.

Complete a one year follow-up assessment

*More details on back!*

# WORKSHOP DETAILS

## Executive Commitment

As a part of registration you will be asked to provide the contact information (name, email, title) of your executive. WorkWell KS will send that executive an e-mail, and a response will be required as a sign of commitment. (This will only be required once.)

## Workshop Assessment

Each workshop has an assessment that correlates with it, and must be completed prior to attending the workshop. Participants will receive worksite-specific reports at the workshop.

## Worksite Wellness Committee

Attend the workshop with your entire wellness committee. During these workshops, annual worksite wellness plans will be developed. Having a wellness committee present makes it easier to begin implementation!

## HELPFUL HINTS

Your worksite's participation in a workshop needs to be based on your worksite's needs and priorities. Comprehensive plans will be developed during each session, so be sure to take on only as much as you can handle. (**ONE** workshop/health priority per year is recommended!!)

There will be additional workshops coming to your region as well as other opportunities to engage with WorkWell KS.



GOOD BUSINESS **IS** GOOD HEALTH

# THIS IS YOUR TIME

*Make the most of it!*

**CONTACT**

Aubrey Wiechman  
WorkWell KS Coordinator  
[aubrey@wbchc.com](mailto:aubrey@wbchc.com)