

2024 Employee Wellness Week

Local Engagement Challenge



Participate ~ It's as easy as 1, 2, 3.

1. Review the virtual programs and the [DIY Toolkit](#).
2. Decide when and how you and/or your team are going to participate locally.
3. Share with us what you and/or your team did:

[Employee Wellness Week Local Engagement Sharing Form](#)

Ideas for local participation:

- Set up an information table or "Build-a-Kit" table (such as self-care kit, fitness kit, or nutritious snack).
- Reserve a space and view a stretch or mindfulness session as a team.
- Color a daily coloring page, if feasible provide colored pencil packets to each team member.
- Join a webinar.
- Organize a local walk or exercise session.
- Promote the Plant Powered 30 Challenge, register and participate.
- Work with your Food and Nutrition Services team to highlight a plant-forward menu for a day or the week.
- Get together with co-workers for a social connection - ask the question "What is the best thing you have done for your wellness today or this week?"
- Be creative!

[Participate in the Local Engagement Challenge here!](#)

Share with us what you or your team did! Upload photos, pdfs and docs, too.

Questions? (603) 650-5950 or LifestyleImprovement@hitchcock.org