

Sample Announcements: Wellness Ambassador Role



For Department Wide Distribution List

**Shorter Version**

To: All **(Insert Department)**

Fr: **(Insert Name), (title - Director, Dean, Chair, Health and Safety Committee)**

I am pleased to announce that (*Department*) is participating in the UC Berkeley Wellness Ambassador Program to promote wellness in our department.  Be Well at Work – Wellness Program for Faculty and Staff works in partnership with campus departments to foster a healthy and supportive workplace culture.

The Wellness Ambassador Program communicates about upcoming wellness programs, delivers specific programs within the department, and offers tools and resources to create a healthy workplace, all coordinated by our own *Wellness Ambassador*, (*name*).

While the decision to make healthy lifestyle changes is your choice and not a job requirement, I hope by creating an environment where these choices are supported by the work culture makes it easier and supports your success.

I look forward to our engaging in wellness together.

**Longer Version**

To: All **(Insert Department)**

Fr: **(Insert Name), (title - Director, Dean, Chair, Health and Safety Committee)**

I am pleased to announce that (*Department*) is participating in the UC Berkeley Wellness Ambassador program to promote wellness in our department. Be Well at Work – Wellness Program for Faculty and Staff works in partnership with campus departments to foster a healthy and supportive workplace culture.

The Wellness Ambassador Program communicates about upcoming wellness programs, delivers specific programs within the department, and offers tools and resources to create a healthy workplace, all coordinated by our own *Wellness Ambassador.* I want to introduce (*name*) as our new Wellness Ambassador.

I encourage you to take advantage of the wellness programs. Many studies show workplace wellness programs contribute positively to morale, job satisfaction and performance. While the decision to make healthy lifestyle changes is your choice and not a job requirement, I hope by creating an environment where these choices are supported by the work culture makes it easier and supports your success.

Please feel free to give your input to *(name)* about specific wellness programs you would like to see delivered directly to our department.

I look forward to our engaging in wellness together.

For Workgroup, Colleagues, Campus Friends Distribution List

I am pleased to announce that I am participating in the UC Berkeley Wellness Ambassador Program to be able to promote wellness to all of you.  Be Well at Work – Wellness Program for Faculty & Staff work in partnership with Wellness Ambassador to foster a healthy and supportive workplace culture.

As a Wellness Ambassador, I am provided with turnkey tools to communicate about upcoming wellness programs. I can also access additional resources to help create a healthy workplace.

While the decision to make healthy lifestyle changes is your choice and not a job requirement, I hope by creating an environment where these choices are supported by the work culture makes it easier and supports your success.

I look forward to our engaging in wellness together.