Healthy You! at EKU
Wellness Champion Application

Do you have*:
1. An eagerness to serve?
2. A willingness to roll up your sleeves?
3. The ability to meet once a month for 1 hour?

If so we need you to:
• Help the Wellness Program succeed.
• Actively promote program activities among co-workers.
• Be the eyes, ears, arms and legs of the program.
• Provide feedback to the program coordinator about your thoughts, ideas and suggestions and those of your co-workers.

Wellness Champion Requirements:
• Volunteer for at least 1 EKU Wellness Event
• Present wellness program information at staff meetings at least 3 times
• Attend 70% or more of Wellness Champion monthly meetings

If you are interested in being a Healthy You! at EKU Wellness Champion, please fill out the form below and submit it to Adrienne Bauer in the Human Resources Department – or click the “Do you have what it takes?” link in the bulletin board at www.HealthyYouAtEKU.com to complete and submit the application online. If you have questions, contact Adrienne Bauer at Adrienne.bauer@eku.edu or 859-622-8186. Registration ends April 15, 2008.

Your name: _____________________________________________________________
Contact email: ___________________________________________________________
Contact phone: ___________________________________________________________
Department: _____________________________________________________________
Are you committed to help the Healthy You! at EKU program succeed? ___________
Are you available to meet each month for approximately 1 hour? _______________
Why do you think you would be a qualified candidate to serve as a Wellness Champion?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

*There is no requirement to be the most fit or healthiest employee for this volunteer position!