

# Well City Milwaukee: Making Wellness the Way of Work



## Take the Lead - Get Involved

**Becoming involved is easy and there are support people to help you along the way if you ever have questions.**

- Make an internal commitment to becoming an accredited Well Workplace by 2013, following the process developed by the Wellness Councils of America.
- Identify the wellness team lead for your organization who will serve as your primary liaison to Well City Milwaukee.
- Send a letter of commitment addressed to the Wellness Council of Wisconsin (cc to Well City Milwaukee) signed by your CEO or highest ranking local executive. A template commitment letter can be found on the website, [www.wellcitymilwaukee.org](http://www.wellcitymilwaukee.org)
- Join the Wellness Council of Wisconsin. For only \$495 per year your wellness team will have unlimited access to our area's premier experts in workplace wellness and special technical assistance in meeting your Well Workplace accreditation commitment.
- Participate in an introductory meeting, with the Well City Milwaukee Executive Director to include the CEO, HR executive, PR executive and wellness team leader. Well City Milwaukee will call to set this up.
- Send the wellness team leader to a Well Workplace University – a one day workshop co-sponsored (ideally if funding is secured) by Well City Milwaukee and the Wellness Council of Wisconsin.
- Participate in other Well City Milwaukee and/or Wellness Council of Wisconsin training, networking and mentoring sessions of your choosing.
- Attend the annual Well City Milwaukee recognition event.
- Submit a well workplace award application by 2013.

[www.wellcitymilwaukee.org](http://www.wellcitymilwaukee.org) / In collaboration with:

