

Wellness Champion Application

CWRU Wellness Champions are faculty or staff representatives who share wellness messages with their coworkers, department, and friends on campus.

Champions must have enthusiasm, the ability to bring wellness to life at the departmental level, ability to access email and a willingness to share ideas. In addition to your continued participation in wellness activities on campus, wellness champions will have a time commitment of about one hour per month.

All Wellness Champions must secure supervisory approval to act in the role.

Date:

Name:

Position:

Department:

Campus Mail Address:

Phone Number:

Are you a current Wellness Program participant? (Receive annual stipend and actively working toward at least one of the \$100 incentives) YES NO

If no, please list the CWRU Wellness programs in which you have participated:

Why is wellness important to you?

What is (are) your favorite workplace wellness activities at Case?

Supervisor signature:

Date :

Applicant signature:

Date:

Completed forms should be emailed to mxd490@case.edu or sent via campus mail to:
Mary Ann Dobbins
213 Crawford Hall

Once your application has been reviewed by the Case Wellness Team, you'll be contacted to review your Roles & Responsibilities as a Wellness Champion!