

NAME: _____
MONTH: _____
EMPLOYER, if any: _____
SUPERVISOR (signature): _____
PHONE: _____
EMAIL: _____

Please check off five (5) and/or answer question/have
Instructor initial the below for a chance to be in a drawing
to win up to \$100.

- ◇ Gym Membership _____
- ◇ Cross Fit 906 Class _____
- ◇ Yoga Class _____
- ◇ Free Nutrition program. What is it?

- ◇ Attend a Wednesday RAMBA Ride _____
- ◇ Change your office space (standing desk, office ball, etc.).
What did you change?

- ◇ Check-up/cleaning at your doctor/dentist _____
- ◇ Chamber Members complimentary wellness
services What was the class? _____
- ◇ Volunteer at a local wellness event. _____
- ◇ Gardening: What did you garden? _____
- ◇ Sign up for an active event: What is the event?

- ◇ OTHER _____
- ◇ OTHER _____

STAY UPDATED ON WELLNESS OPPORTUNITIES

Look for the wellness section in our emails.

Email executed card to: ginccmarketing@gmail.com or
bring it by GINCC (910 Us Highway 41 in Ishpeming)

**Greater Ishpeming Negaunee Area
Chamber-Wide Wellness Program**

(April 1, 2017-June 30, 2017)

#wellnesswestend

The Greater Ishpeming-Negaunee Area Chamber of Commerce (GINCC) wellness programs focus on preventing illness and injury, promoting health and productivity, and lowering the total cost of health care. We aim to help our members develop and maintain a healthier, more productive workforce and community. **Programs include:**

ASSESSMENT: Regularly scheduled check-ups and timely health risk assessments.

EDUCATION AND COACHING: Through health coaching and classes, we encourage chamber members to change their health behaviors for the better.

INTERVENTIONS: Consulting with health specialists to reduce health risk.

RECREATION: Providing ongoing classes and resources to be active as an individual or in a group. Individuals can provide classes for members or we can promote local events like bike rides, local yoga classes and much more.

INCENTIVE PROGRAM: Have a chance to be in a drawing to win \$100 and have the option to be featured in our e-blasts.

HOW DOES IT WORK? Every 'card' filled out per month (flip card over for details) earns you a submission into the wellness drawing.

Questions? Contact GINCC at 906-486-1111