Meet

# Wellness Champion

## JENN BLANCHETTE

EXCEPTIONAL STUDENT EDUCATION



**How long have you been a Wellness Champion?**

3 months

**Why did you become a Wellness Champion?**

Someone was leaving, so I volunteered be the Wellness Champion for this department.

**What activities are you doing with your employees this year to keep them engaged?**

Sending wellness emails with some gifs or memes to have some fun. I am also starting discussions with other employees to tell them about all the fun stuff coming up and pushing participation.

**How do you keep yourself healthy?**

I am diabetic, so I try to stay away from the carbs/sugars. No fun but I have learned so much and have been very successful with keeping my numbers in a healthy range. I also have lost about 100 lbs. so far! I need to choose to exercise more! Thankfully, the Let's Move program is inspiring me

**Any additional comments or words of wisdom to share with other employees?**

Make your own sunshine and share it with others! You never know who needs a little bit of encouragement!