

# Do YOU Have What it Takes to be a Wellness Champion?

## Do you have:

- A personal interest in wellness?
- A sincere desire to help fellow employees enhance their quality of life?
- The availability to meet at least once a month for 30-45 minutes via phone/audio conference?



## If so, we need you to:

- Join the wellness champion network and represent your agency!
- Learn more at the website and return your pledge form today!

\*You do not have to be the most fit or healthiest person for this volunteer role.

**[www.kdheks.gov/hcf/healthquest/wcn.html](http://www.kdheks.gov/hcf/healthquest/wcn.html)**  
**785-296-8198**