

Welcome to the HealthQuest Wellness Champion Network!

Thank YOU for volunteering!



We are grateful for your involvement and happy to have you on our team!



Questions?

Contact:

Mariisa Kallman
Alerx Onsite Health Promotion Manager
for HealthQuest
[E] Mariisa.Kallman@alcr.com
[P] 85-396-8468

Wellness Champion Motto:
Wellness - From Attitude to Action

It was chosen by the current champions to describe our mission to influence the wellness of our co-workers in body and mind.

Over 100



Additional information and past meeting materials can be found on the KDHE website at <http://kdheks.gov/hcf/healthquest/wcn>.

Thank YOU for volunteering!



We are grateful for your involvement
and happy to have you on our team!

Wellness Champion Motto: *Wellness - From Attitude to Action*

It was chosen by the current champions to describe our mission to influence the wellness of our co-workers in body and mind.

Sample Email Signature

Julie Faust | Wellness Communications Coordinator
Kansas Department of Health and Environment
900 SW Jackson, Suite 0001 | Topeka, KS 66602
785-396-7624 | jfaust@hhs.ks.gov
Like Us on Facebook: www.facebook.com/KansasHealthQuest

Wellness - From Attitude to Action
Ask me how to become a Wellness Champion!

Sample Email Signature

Julie Faust | Wellness Communications Coordinator
Kansas Department of Health and Environment
900 SW Jackson, Suite 900N | Topeka, KS 66612
785-296-5624 | jfaust@kdheks.gov
Like Us on Facebook: www.facebook.com/KansasHealthQuest

Wellness - From Attitude to Action
Ask me how to become a Wellness Champion!

This is your time to **shine!** Tell us what you're doing at your location and we'll spotlight you during a meeting.

Health Promotion Spotlight

Health Promotion Spotlights
from 2012 - Who's Next?



Health Promotion Spotlights from 2013 - Who's Next?!

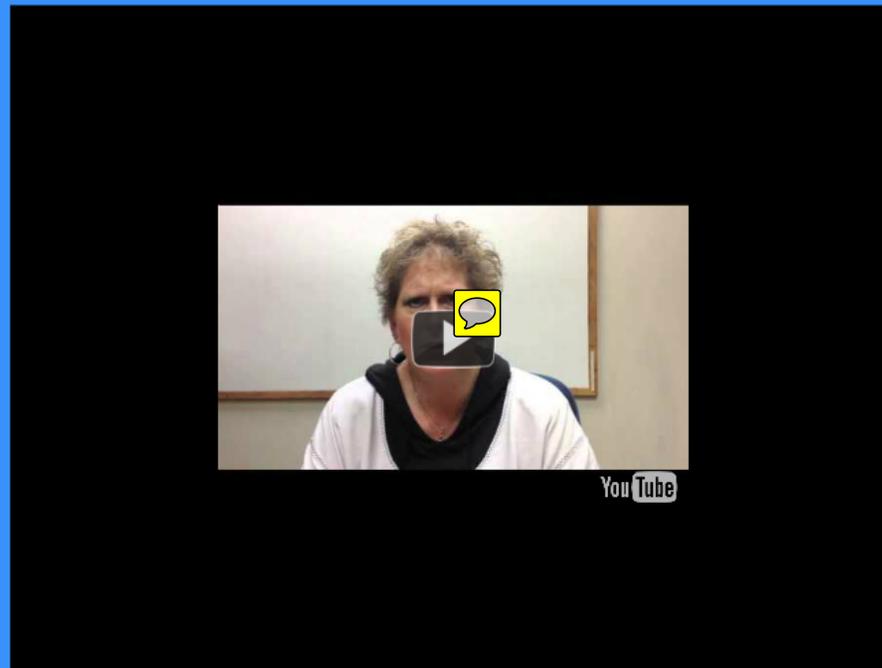


Crystal submitted the motto that was selected by the group! She also started her own wellness committee at Pottawatomie County.



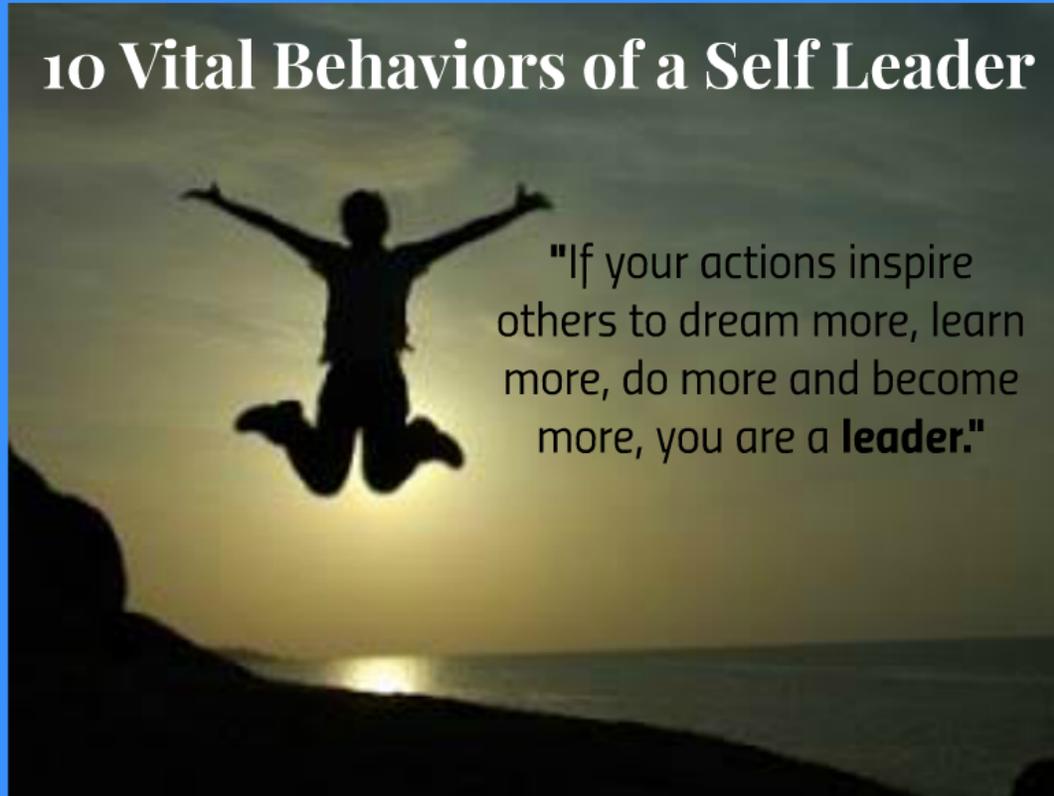
Mike implemented a wellness challenge for faculty and staff at Emporia State University.

What's *Your* Story?



Karen, Wellness Champion for Kansas
Department of Health and Environment

10 Vital Behaviors of a Self Leader



"If your actions inspire others to dream more, learn more, do more and become more, you are a **leader.**"

Each meeting includes a Leadership segment brought to us by Jack Bastable of CBIZ Consulting. You can find his online bio at: <http://whywebpr.com/jackbastable/#>

Earn **1 credit** for each meeting you attend for up to **10 total credits**.

We encourage you to **use** the resources and **engage** in the discussion for the full benefit of your leadership development.

Over 100

Wellness Champions Across the State!



Stay Connected!



<http://facebook.com/KansasHealthQuest>



<http://twitter.com/kshealthquest>



<http://youtube.com/user/kansashealthquest>



<http://KansasHealthQuest.com>



<http://kdheks.gov/hcf/healthquest/wcn>

Mark Your Calendars!

Join us via webinar and phone conference on the
second Thursday of each month from 11:00 - 11:45.



Secret Question



Listen for this question throughout each meeting. Respond with your answer to **Marissa.Kalkman@alere.com** to record your attendance and receive credit!



Questions?

Contact:

Marissa Kalkman

**Alere Onsite Health Promotion Manager
for HealthQuest**

[E] Marissa.Kalkman@alere.com

[P] 785-296-8198



We are grateful for your involvement and happy to have you on our team!



Additional information and past meeting materials can be found on the KDHE website at <http://kdheks.gov/hcf/healthquest/wcn>.

