

## **Wellness Committee Toolkit - recruitment email**

[subject line] **You're invited to share the health**

### **Please accept our invitation to join the wellness committee**

Our company has committed to creating a culture of health at the workplace. We're launching some new ways for our employees to engage in healthier behaviors and we're forming a wellness committee to guide our efforts. You're invited to help us achieve our goals as a member of the committee.

We're inviting you to be on the wellness committee because you have what it takes to drive positive change among your coworkers. You'll share responsibilities with a group of coworkers who also demonstrate the energy, enthusiasm, and creativity to stir things up and get people excited about adopting a healthier lifestyle. Being on the committee is a great way to help your coworkers, expand your professional network, and build on your skills and talents.

### **The commitment**

We're asking that you commit to at least one year as a committee member. Meetings will be held approximately six times a year. All meetings and activities will be done during the workday, so please be sure to check with your manager or supervisor before committing. The first wellness committee meeting will be held [date and time] at [location].

If you have any questions about joining the wellness committee, please feel free to reach out to the committee lead, [name, phone number, email].

We're excited about making our workplace healthier and we hope you'll take on this challenge. Thank you for your ongoing contributions to [company name], and we look forward to having you on the team.

Sincerely,

[Name, title]