

# SEIU 721 Wellness



The SEIU 721 Wellness Committee is looking for members to join our team. We need a network of leaders who will inspire their co-workers to get healthy.

Health care premiums are sky rocketing, but we can do something to help keep costs low and get ourselves in shape. It's a win-win!

SEIU 721 and the County are coordinating efforts to ensure everyone has an opportunity to participate in activities to improve their health. Here's how:

## Yes, I want to be a Wellness Advocate. I will:

- ✓ Partner with my department Wellness Manager to promote county-wide programs
- ✓ Be creative and come up with innovative ideas that get my co-workers moving
- ✓ Track and monitor the participation of my co-workers
- ✓ Encourage and motivate my co-workers to participate in wellness activities programs
- ✓ Distribute informational flyers to my co-workers regarding wellness activities
- ✓ Come to meetings after work or on Saturdays to join with other advocates for information and share ideas on activities

***Please print clearly***

Name \_\_\_\_\_ Employee # \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone (      ) \_\_\_\_\_ Work Phone (      ) \_\_\_\_\_

Personal E-mail \_\_\_\_\_

Department Name \_\_\_\_\_

Work Address \_\_\_\_\_

City \_\_\_\_\_ ZIP \_\_\_\_\_



**Please return to: Aram Agdaian, Special Project Coordinator  
SEIU Local 721, 500 S Virgil Ave., Los Angeles CA 90020  
or fax to (213) 380-8040.**

**You can also fill out this form online at: [www.seiu721.org](http://www.seiu721.org)**