

# SFW Shape Family Wellness

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## Our Mission

*“To enhance the quality of life of employees and their family members through a comprehensive wellness program, incorporating relevant education, progressive programming and sincere engagement.”*

## Shape Family Wellness Ambassador Description (*Modified for Community Use*)

**Purpose:** Promote wellness in the workplace by supporting the efforts of the (YOUR ORGANIZATION) Wellness Team to enhance the quality of life for employees and their family members.

**Position:** Voluntary

### Role of Wellness Ambassadors:

- Act as a link between associates and the Workplace Wellbeing Team.
- Encourage coworkers to participate in wellness activities and programs.
- Participate in wellness activities and programs.
- Attend wellness ambassador meetings quarterly with other wellness ambassadors.
- Share gathered feedback as an enthusiastic wellness advocate of the (YOUR ORGANIZATION) Wellness team and department.

**Qualifications:** Acknowledgement of the value of wellness in the workplace. Strong desire to promote both personal and companywide wellness.

**Timeframe:** 10 months

**Orientation & Training:** Attend a one-hour orientation/training.

**Site:** Departmental location: Main Conference Room

**Supervision:** Workplace Wellbeing Coordinator

**Benefits:** Meet and interact with great people, be an important part of improving the health and wellness of employees and their family members, expand your wellness knowledge and create change.