

Connection Kit
March 2025

What's in the March Kit?

The theme this month is *Daily Defense*. It's cold and flu season, and there are a lot of nasty bugs going around. While you can't fully prevent illness, a healthy immune system is your best defense against most germs.

No single herbal, supplement or food is going to keep you healthy. This month's Kit provides an easy way for you to arm your immune system with the weapons it needs to fight back! The Kit includes:

- These **Instructions**, with all the details and how-tos.
- A **Microsoft Word flyer** that you can customize to whatever level you desire. All colors, fonts and text can be modified. If you want to encourage team participation or an incentive, you can modify the flyer accordingly. If you want to keep this at an individual level, you can use the pre-made **PDF flyer** that is ready to go. Please note that this month's flyer has **two sides**.
- An **article** entitled "Nutrition and Immunity" This provides excellent context, especially for your leadership team, around how the immune system works and what people can do to keep it healthy.

How Can I Use It?

The materials are here for you to use in whatever way makes sense, either for individuals or groups. Here are some things to consider if you are using this as a tool for your organization.

- **Objective:** How would you like to orient the kit? Do you want to leverage it as part of a team support strategy? As a resource guide for individuals? As a corporate challenge to help employees improve health? There are many ways to structure this month's content, all of which can have value for your employees as well as their families.
- **Promotion:** there are many ways to get the word out to your employees. Here are a few suggestions.
 - Post on your intranet.
 - Introduce in a Town Hall or company meeting.
 - Post flyers on restroom doors.
 - Email to all employees.
 - Post a QR code linked to the flyer adjacent to your time clock, employee break room, etc.
 - Ask team leaders to lead a discussion around these strategies during team meetings.

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- **Participation:** Determine how you want to encourage group participation and/or extend this out to families. For example:
 - Feature *Daily Defense* bingo snacks, such as berries, yogurt and nuts in your meetings.
 - Book a conference room for the month that is reserved for quiet meditation and encourage employees to take 15 minutes once per day to sit quietly and reflect.
 - If you have a cafeteria, ask the chef to feature an immune support main or side each day, and label it with the *Daily Defense* message.
 - If you have vending machines, swap out 1-2 sweet or salty snacks for a bag of nuts or a nut and fruit trail mix.
 - Invite employees to go for a walk at lunchtime.
 - Provide simple Daily Defense recipes to employees each week via email, posted on tables in the break room, or using other appropriate distribution within your company. (You can find some great options at realfoodcan.org.)

Provide Feedback!

We would love to know how you're using the Kit. Tell us how you implemented it, what your employees thought about it, what you loved, or what we could do to make it better. Visit our website and complete the [feedback form](#) to share your thoughts.

Reminders: When and Where Are the Kits Available?

- **Early Bird Access:** Wellness Foundation newsletter subscribers will receive an email each month that contains the Connection Kit materials. We'll send them out approximately two weeks in advance of the targeted implementation month. Know someone who should be on the list? They can subscribe on our [website](#).
- **Anytime Access:** each kit will be uploaded to our [website](#) one week after it is emailed to subscribers. So you'll always have access to all the Connection Kits, even if you missed the email distribution or want to go back later and re-use something.

About North Ottawa Wellness Foundation

The North Ottawa Wellness Foundation is a council of community partners dedicated to facilitating sustainable wellness for our community.

Since 2017, we have worked together through our member organizations to improve health in the overall population. Our collaborative members have implemented many programming changes to help move the health needle in their own constituent groups. Over time, that work is having an impact. Learn more and find additional resources at northottawawellnessfoundation.org.

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