

# BECOME A WELLNESS AMBASSADOR



## NMPSIA Wellness Ambassadors are:



**Employees who volunteer** to share their passion and who contribute to meaningful worksite/department/school-wide wellness initiatives.

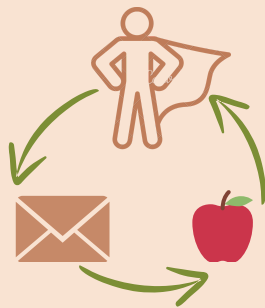


**Comfortable promoting** wellness programs.



**Advocates for healthy living**, no matter where they are in their personal health journey.

**Prepared to inspire** others and be a positive role model for health and wellbeing



## Perks:

Access to Wellness Experts!

1st Chance to Register for Wellness Programs!

Welcome & End-of-Year Gifts!



## Requirements:

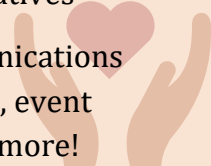
- Attend Wellness Ambassadors Quarterly Zoom meetings
- Have permission to become a wellness ambassador from their supervisor, district and/or school administration



## Support We Provide:

Giveaway prizes for your wellness initiatives

Wellness communications  
ie. newsletters, event calendars and more!



## Ready to Sign-Up?

Don't wait—become part of something bigger than yourself!  
[Sign up now](#) and let's create a healthier future together!