



# WELLNESS

## Wellness Advisory Committee

### Mission Statement

The mission of the FHDA Wellness Committee is to act as an advisory committee for purposes of promoting and supporting organizational and individual wellness among members of the campus community through education, prevention, early detection, and access to comprehensive health resources.

Our vision is to foster adoption of a wellness culture throughout the District that results in such benefits as improved health, greater feelings of well being, heightened personal performance, reduced sick leave and reduced medical expenditures.

Ultimately, the goals are to improve the health, wellbeing and quality of life of all District employees and to empower employees to adopt positive attitudes and behaviors through a lifelong commitment to wellness.

### Wellness Committee Members

This Committee is comprised of members of each of the constituency groups at the college. Chosen by their respective leadership for a period of two or three years, these members review the strategic planning of the Wellness Program and are active in identifying new ways to enhance the program.

### Program Components

The work of this committee focuses on identifying a variety of wellness activities and initiatives to support the wellness mission:

1. Employee education;
2. Positive environment where all employees can develop/achieve their optimal well-being;
3. Healthy lifestyle promotion

### Responsibilities

- This committee meets monthly to review the agenda with e-mails in between or as needed
- Coordinate all activity programs throughout the year
- Provide feedback regarding activities and programs
- May assist with coordination of activities and programs
- Submit annual report to Benefits Committee