

Wellbeing Element	Activity	Potential Vendor
<p style="text-align: center;"><b>Career</b></p>	<p>Motivational Speaker</p> <p>Speaker (SWWC/University) on getting Masters/Degree Advancement (or degree for non-certified)</p> <p>Resilancy - Leadership</p> <p>Self Care Presentation</p> <p>Create a positive culture - promote strengths</p> <p>Encouraging staff to use their talents - art teacher lead painting class/photography class, etc.</p> <p>Educational opportunities/professional development through SWWC</p> <p>Acknowledging others good work</p> <p>Work with other organizations/Universities about education/career paths</p>	
<p style="text-align: center;"><b>Social</b></p>	<p>Make &amp; Takes</p> <p>Christmas Caroling</p> <p>Walking Meetings</p> <p>Positive Partners - doing good deeds</p> <p>Book Club (one group used Michael Pollan "Food Rules")</p> <p>Random acts of kindness - PAY IT FORWARD!</p>	

	<p>Volunteering as a group - Habitat for Humanity or work at food shelf</p> <p>Orange Frog - surround yourself with positivity</p> <p>No cell phone areas</p> <p>Family Fun Nights - bring kids/spouses</p> <p>"Huddle" - sharing positives for 5 minutes</p>	
<p><b>Financial</b></p>	<p>Living Wills &amp; Trusts</p> <p>Matching Funds</p> <p>Lunch and Learn series on investments, PERA, Living Wills, Trusts, Deferred Comp</p> <p>Estate Planning/Long term care planning</p> <p>Financial tips/flyers/educational materials with paychecks</p> <p>Presentation by a bank/financial organization - investments</p> <p>Dave Ramsey workshops</p> <p>Medicare &amp; Social Security &amp; How to Coordinate</p> <p>Healthcare directives</p>	
	<p>Empty nesters - how do you establish a new routine, employees could teach class</p> <p>Develop walking routes - signage for those routes</p>	

<b>Physical</b>	Facebook page for employees with challenges Water, Portion, Fruits/Veggies challenges Project Zero Coordinate with Community Education - Zumba, Yoga Employee time - pickleball Tall tables for meetings/sit-to-stand workstations/stability ball chairs Accountability challenges - include spouses	
<b>Community</b>	Community garden Get to know public servants (Fire Dept, Ambulance, City Depts, etc) Clean road ditches 5K fundraiser - donations to food shelf Volunteering in community - Toys for Tots, Salvation Army, Kiwanis, United Way, Ruby's Pantry, Food Shelf Sharing Tree - unwrapped gifts	