MCSIG Wellness Ambassador Agreement





EARN A $250 STIPEND

Thank you for serving as a Wellness Ambassador. Your role is paramount to the success of the wellness program and, more importantly, creating a culture of wellness at your workplace! We are grateful that you are part of our team.

1 *Coordinate two staff wellness activities or events*

☐ **Examples: Staff healthy potluck lunch, group walk, smoothie mixer, group yoga, host a health fair.**

Email photo & list of participants to Joanne at jhilario@mcsig.com

2 *Help others access wellness tools and updates*

☐ **Ensure colleagues and staff receive information by distributing emails, flyers, and updates you receive from MCSIG Wellness.**

Wellness Ambassador Role:

- Promote employee health and wellbeing by building a healthy worksite culture that supports healthy choices.
- Increase visibility: distribute information, post flyers, and make brief staff announcements.
- Build camaraderie: interact with staff on a regular basis and form teams for events.
- Inspire change: become an agent of change for better health! Lead by example and support others in their health journey.

NAME: _____ **DATE:** _____ **SHIRT SIZE:**_____

☐ **Yes, I _____understand that in order to receive the $250 stipend by June 30, 2026, I must complete the requirements above by June 10, 2026 and return this form to Joanne at jhilario@mcsig.com by September 30, 2025.**