

# April 2021 Wellness Champions



## Wellness Resources on Tap!

Welcome, Wellness Champions! As Wellness Champions, you help to create a healthier work environment and take steps to live a healthy lifestyle. Since employees spend most of their waking hours at work, worksites have a great opportunity to impact their employees' health by creating an environment that supports healthy habits!



## New Resources Available

At the State Health Plan, we are in the process of building a Wellness Champions website to serve as a resource for state employing units. We are ready to become a hub of wellness information where you can find ways to grow, share and look for ideas.

The Plan has recently posted a few new resources to the [Wellness Champions](#) page on the State Health Plan website. Please see the resource and activities lists and the [2021 Wellness Benefits](#) presentation. You are encouraged to review and use any information that would be helpful to you. Information about creating a blood pressure monitoring station and pictures will also be added soon!

Please share our site with others and encourage them to join our group.

## **We Need Your Help!**

Please contribute information that has been helpful to you or anything that you would like to share regarding how you have developed a wellness program or wellness activities that have been successful. You are welcome to contribute activity ideas, resources, and pictures. Please send submissions to [sonya.dunn@nctreasurer.com](mailto:sonya.dunn@nctreasurer.com). The Plan will post these to our Wellness Champions webpage, so please be mindful of your submissions.

## **Need Our Help?**

As a reminder, [signing up](#) for the free monthly newsletter will automatically sign you up as a Wellness Champion. Need to talk through some ideas? You are welcome to set up a brief meeting by emailing [sonya.dunn@nctreasurer.com](mailto:sonya.dunn@nctreasurer.com).

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**This Month's  
Healthy  
Recipe**



**This Month's  
Wellness  
Tip**



**Sheet-Pan Salmon with  
Sweet Potatoes & Broccoli**

**Get the Recipe! >**



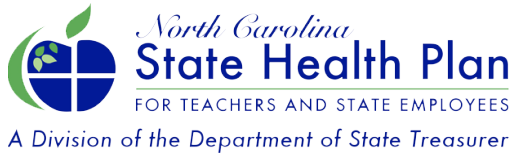
**Benefits of  
Physical Activity**

**Learn More! >**

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Questions?

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