



Lifesaver
Wellbeing
Series

INTERACTIVE WHITEBOARD

Creating social connections within your team

July – You are what you Eat

Interactive whiteboard activities are meant to be fun, joyful, a meeting place for your team to engage in conversation and a reason to socialize at work 😊 Think of it as team building.

DIRECTIONS: We provide a question each month, which aligns with the Lifesaver Wellbeing Series message and a simple 11x17 poster to help get your board started.

WHAT DO YOU NEED TO GET STARTED? Here is a quick list:

- Ideal white board size is 3 ft. x 4 ft.
- Central location with high visibility
- Wellness champion or department “social director”
- Creativity

WHAT’S INCLUDED IN July? You are what you Eat

- 11 x 17 poster Interactive Question
- 11 x 17 Lifesaver Poster
- Photo/word holders
- Sample email (see below)

Subject: You are what you eat

Hey Team,

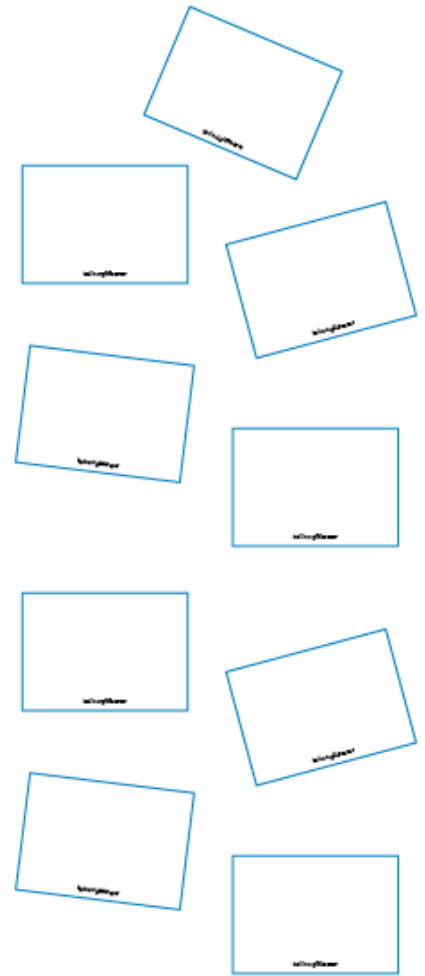
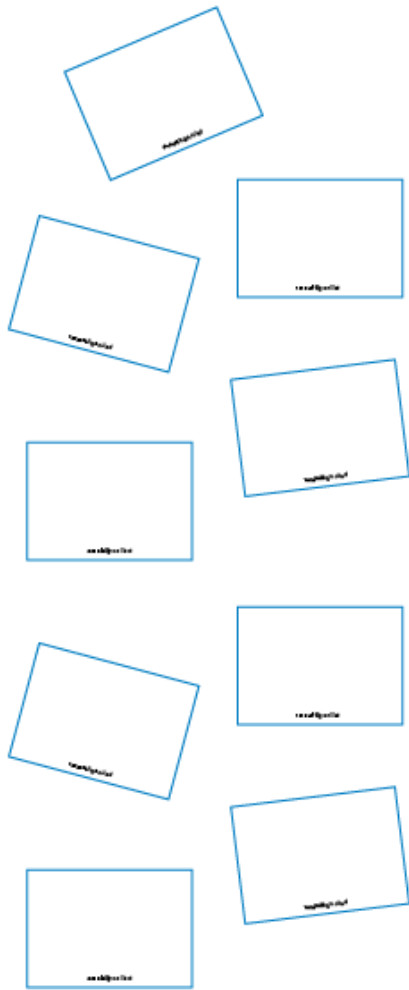
This month we are focusing on the importance of nutrition and how based on the social determinants of health, some people have a tougher time meeting their nutritional needs. We know that we should prioritize healthy eating, but sometimes barriers can stand in the way such as cost, convenience, knowledge of healthy choices and more.

This month’s question of “Name your favorite low cost food” offers an opportunity for us to share our best ideas for eating healthy and staying within budget. We already know that good nutrition is not only important for our day to day energy needs including how we move and how we think, but also can impact our overall long term health and wellbeing. I hope you put your ideas on the bulletin board and I look forward to hearing about your ideas on healthy low-cost items.

Stay safe and stay well.

Linda

*If you are creating your board, this may require a little creativity on your part. Think of things that can be done in person or virtually. See the photo below for layout starting point. Feel free to add other materials or items to your board for interest.



For questions or additional inspiration, contact Linda Golik, Health & Wellbeing Consultant, Bellin Health Business Health, linda.golik@bellin.org or 920.436.8668