



Lifesaver
Wellbeing
Series

INTERACTIVE WHITEBOARD

Creating social connections within your team

November – Diabetes Awareness

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 November? Don't Sugar Coat It

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

Subject: How much sugar are you eating?

Hey Team,

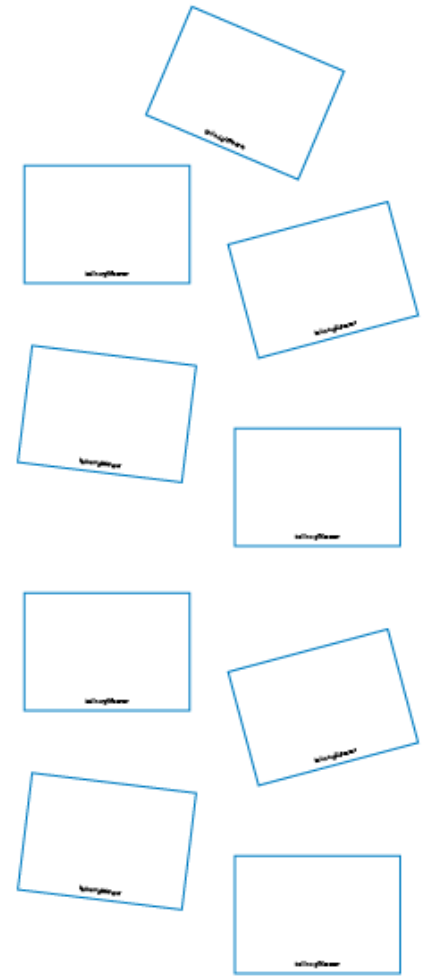
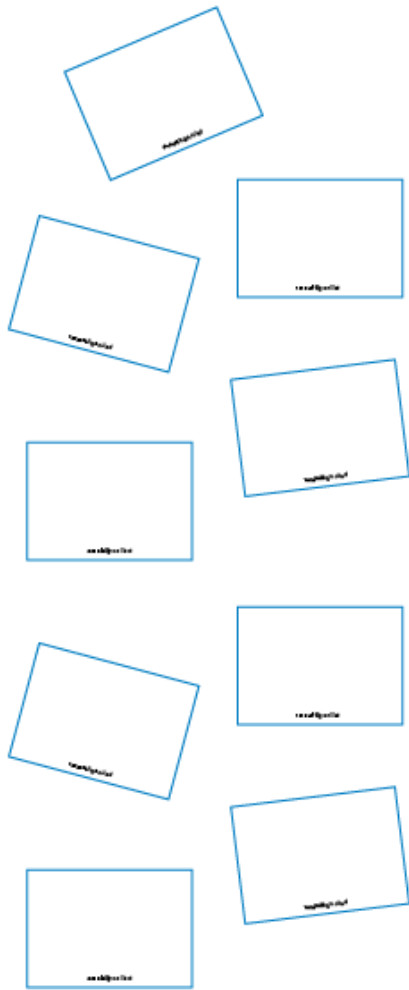
This month we are focusing on gaining an awareness of replacing unhealthy foods with healthy foods.

This month's question of “What's your favorite go-to healthy food?” offers an opportunity to think about what foods we like as far as good nutrition. Whether you love peanut butter on an apple, or you have a great salad recipe, I hope you put your ideas on the bulletin board, and I look forward to hearing your ideas.

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