

Public Agency Coalition Enterprise (PACE) Wellness Program



Wellness

Employee of the Quarter

Organization JobTitle The purpose of the Wellness Employee of the Quarter is to recognize employees who a working towards or have succeeded in improving their health, or that of their peers. Employe who make positive lifestyle choices deserve a pat on the back, because their efforts contribu to the overall success by serving as good role models, reducing medical and sick leave cost and increasing productivity and morale. Good health benefits us all. I. Nominating Criteria (circle each symbol that applies) ♣ active participation in wellness program (role model) ★ facilitates staff wellness by ♥ quit smoking ♣ lost bodyfat through more healthful eating and exercise ♠ recovered from a major illness and adopted a healthier lifestyle ★ cats nutritious low-fat foods on a daily basis ⑤ exercises on a regular basis ♠ practices stress management techniques ♠ other: social, spiritual, physical, mental, emotional, occupational health II. Please write a brief paragraph explaining why you nominated the above employee. HII. Return this form to Matt Szenderski, PACE Wellness Program Manager by fax at (310-781-8291) or email (mszenderski@keenan.com).	Nominee		Date
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and will be featured in the Livin' Well newsletter.	consid	idered. Winners will receive a gift certificate	· ·
Nominator:Work Phone	Nominator:		Work Phone