

Nominate a Colleague **TODAY**

The Living Whole Employee Wellness program would like to acknowledge and highlight **employees** who are Living Whole! Selected employees will have their picture posted on our website and receive a Living Whole gift. If you know an employee who qualifies, nominate them for the Living Whole honors.

Deadline: Friday, June 7, 2013



Examples include:

- Has completed a 3k, 5k, half marathon, triathlon or similar competition
- Lost a significant amount of weight and is committed to a healthy lifestyle
- Was an advocate for health in the workplace
- Improved their cholesterol levels
- Started an exercise program
- Organized a group of employees to train as a team for a race/event

For more information and to submit this form, complete and email to livingwhole@llu.edu or intercampus mail to Department of Risk Management, Attn: Living Whole, 101 E. Redlands Blvd, San Bernardino, CA 92408.

I Nominate...

Employee name _____ Employee Ext _____

Entity _____ School (if applicable) _____

Department _____ Department Head _____

Your Name (if you are nominating someone) _____ Ext _____

Name of competition/accomplishment _____ Date completed (if applicable) _____

Give a detailed description of how you or your colleague is Living Whole (max: 200 words):

