

Nominate a Colleague

TODAY

LIVING
WHOLE
Wellness Program

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.

Examples include:

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

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: 100 words): Submit **by May 20** at livingwhole@llu.edu.

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 92354.



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