



Lifesaver
Wellbeing
Series

INTERACTIVE WHITEBOARD

Creating social connections within your team

March – Moving & Grooving

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 March? Moving & Grooving

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

Subject: Moving & Grooving

Hey Team,

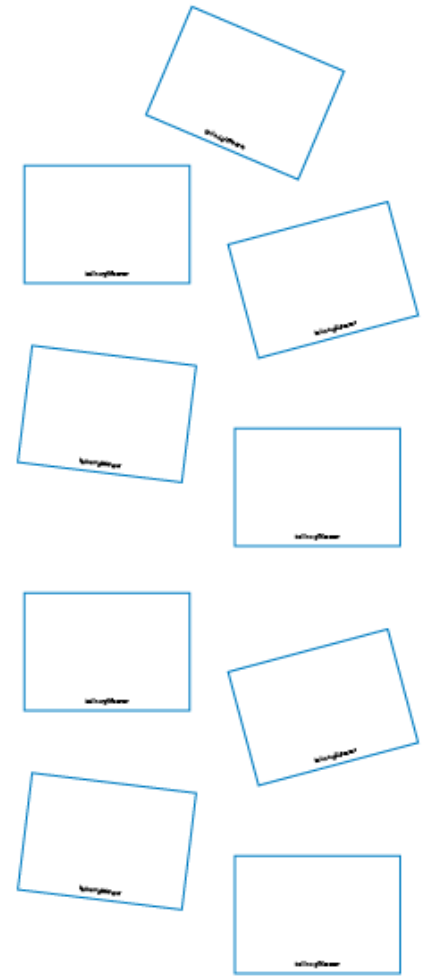
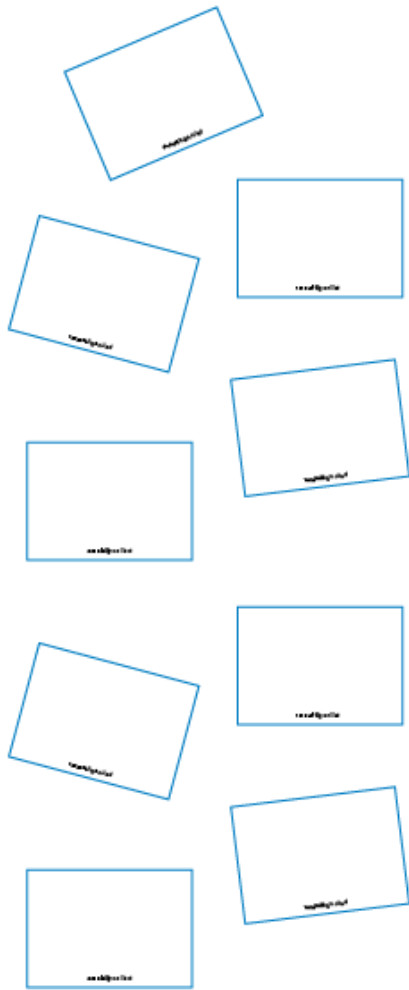
This month the Lifesaver topic is focusing on moving more. We all know that exercise is an important part of a healthy lifestyle, but what do we do when there are limitations to what we can do? These obstacles may be financial, physical or even emotional.

This month's question of “What's your favorite FREE form of exercise?” offers an opportunity for us to share what is a way that EVERYONE may be able to move for free. It also offers us a chance to reflect on how we as a community can take into consideration the social determinants of health and work for offer forms of movement that can be for everyone. I hope you put your ideas on the bulletin board and I look forward to hearing your ideas for movement.

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 & Community Health, linda.golik@bellin.org or 920.436.8668