



Lifesaver
Wellbeing
Series

INTERACTIVE WHITEBOARD

Creating social connections within your team

April – Want a drink?

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 April? Want a Drink

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

Subject: Want a drink?

Hey Team,

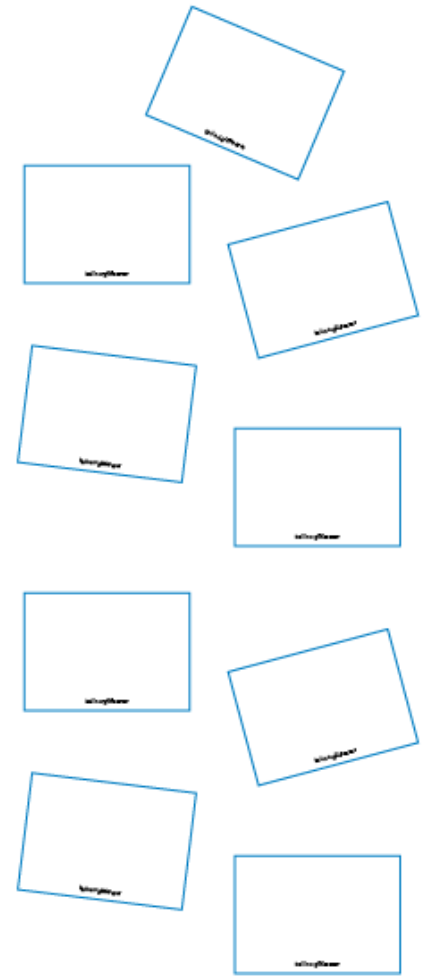
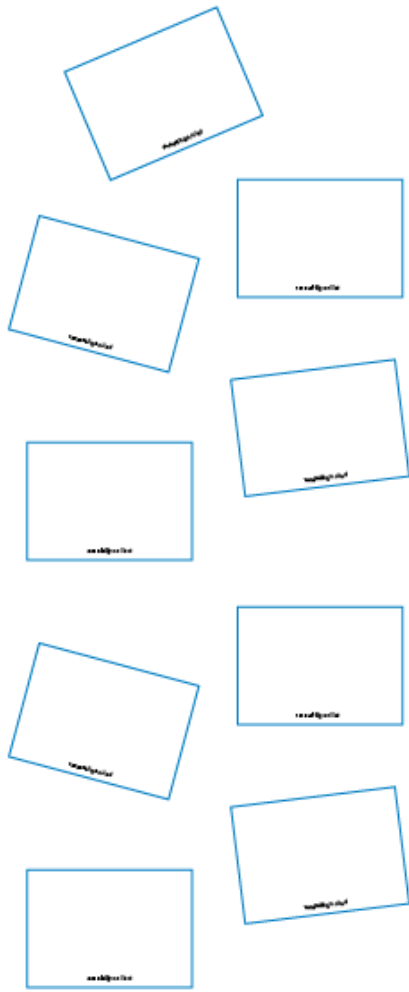
This month the Lifesaver topic is focusing on learning about the health impact of using alcohol. We all know that drinking is a cultural norm in our region, but when does it go too far and start to affect our health? Even more than that, there are populations that are more at risk for negative outcomes from alcohol use thus we want to look at what we can do in our communities to help decrease risk in our populations.

This month's question of “Name your favorite non-alcoholic drink” offers an opportunity for us to share ideas for some healthier non-alcoholic options. It also offers us a chance to reflect on how we as a community can take into consideration the social determinants of alcohol use and what we may offer to help these at risk populations. I hope you put your ideas on the bulletin board and I look forward to hearing about your favorite NA drinks.

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