



Dear Co-Workers,

In today's fast paced world where most of our lifestyle choices are influenced by convenience and technology, chronic health conditions/diseases have begun to rise at an alarming rate.

Also, most of the focus and expense of the healthcare industry has been for the treatment of chronic diseases. By focusing on prevention, several chronic diseases can be prevented or made less serious. Our employers can play a crucial role in helping us make healthier lifestyle choices that can lead to a more enjoyable life for all of us.

A worksite wellness committee has been established to make our worksite a healthier workplace and promote the health of our employees.

However, before the wellness committee can initiate wellness activities/programs at the worksite, it is imperative to learn about the interests of our employees. The success of any worksite wellness initiative will ultimately depend on what the employees want and will participate in. Please complete the attached Employee Interest Survey and return to the committee member specified below.

Return your completed survey to _____ by _____.

Thank you!

Worksite Wellness Committee

(name of worksite)