



## **FULTON C.A.R.E.S. – Employee Wellness Program**

Our mission is to provide resources and programs for Fulton County Employees to develop and enhance their Physical, Nutritional, Mental and Financial Health to achieve positive well-being in their daily lives.

### **FCS Wellness Ambassadors**

A Wellness Ambassador plays a vital role in helping to expand the reach of Fulton County's wellness efforts to ensure key information regarding wellness initiatives, programs, events, and resources are communicated to all employees. A Wellness Ambassador advocates for health and well-being, thinks beyond themselves, believes in the strength of community, and seeks to foster a healthy culture within the environment around them.

The Wellness Ambassador is an employee that serves as a liaison between the FCS C.A.R.E.S. District Employee Wellness Steering Committee and their school/location. The goal is to engage and share with employees the initiatives, programs, events, and resources offered.

#### **The Wellness Ambassador will:**

- Act as both a champion of wellness and a catalyst for change, providing opportunities and introducing initiatives to co-workers to increase their energy level, enjoy more productive workdays, and enhance their financial literacy
- Be a key player in creating a culture of health and well-being across the district
- Provide faculty and staff with health-related information and tools/skills/resources as provided by the District Employee Wellness Steering Committee to encourage healthy lifestyles – thus reducing injury and illness
- Build a healthy workplace that supports healthy lifestyles in all areas of life by making the healthy choice, the easy choice.

The role of Ambassador is voluntary and will typically require approximately 1 hour per month. More time may be required when organizing special programs and events. The Ambassador is selected by the location head/principal (or designee).