



Oh, What A Year!

Thanks to your support, engagement, feedback, and overall participation, 2021 was a very successful year for Level Up! We appreciate the unique role of being a part of your wellness journey.

Look at Everything We Did!

- **3-Day Virtual Wellness Fair**
- **Coffee & Chats**
- **Home Mailings**
 - 2021 Level Up Calendars
 - WellBoxes
- **Online Wellness Challenges**
 - Spring Into Motion
 - Work of Art
 - Colorful Choices
- **Awareness Campaigns**
 - Summer of Wellness
 - Self-Care September
 - Diabetes Awareness
- **Newsletters**
 - *Wellness Wednesday* – highlighting the employee wellness program
 - *For You...Friday* – highlighting the employee assistance program
- **Special Events**
 - Outdoor Drive-in Movie Event at FedEx Field
 - *Lessons Learned* with former NFL Quarterback Alex Smith & OHRM Director Shawn Y. Stokes
- **Recruited New Wellness Champions**

Thank You!

A special thank you to the Wellness Champions! We appreciate all of your hard work and commitment to wellness within your agencies. Together, we will continue to work toward building a healthy workforce.

We look forward to your commitment and participation next year. We are excited for you to Level Up in 2022! Stay tuned to so much more in the new year!

Colorful Choices Nutrition Challenge

Thank you for participating!

Winners will be announced in next week's Wellness Wednesday newsletter!

Be well and continue to elevate your total well-being.
Have a Healthy & Safe Holiday Season!

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