



Get Started

Wellness Champion Overview for the Mental Health IS Health Campaign

Thanks for agreeing to be a Wellness Champion! You will find included in this toolkit a Resource Guide to share with your team(s), a calendar of suggested activities, and self-care items for you to enjoy. The purpose is to engage your organization/group in our Mental Health Awareness Week (May 9th- 13th).

Please enjoy planning out your week and finding what works best for your team. This campaign was created to be a welcome resource for our community-at-large as we bring a little happy into everyone's lives right now. Thank for this commitment and we hope you find this to be a fulfilling experience for you as a Wellness Champion within your organization.

Mindfulness Monday

Blue Cross Blue Shield of Michigan and Blue Care Network - Blue Cross Virtual Wellbeing Team

12:00-12:30 p.m. EST

To participate in the Mindfulness Monday GoTo Webinar, we recommend registering in advance at bit.ly/3uKVIKH

Wind-Down Wednesday

Detroit Tigers Game - 7:10 p.m. EST

*Have your team of 10 raise \$1,000 & you receive 10 tickets to join us at the Detroit Tigers Game!

Easterseals Michigan will be the Nonprofit of the Night and our campaign will be featured throughout the night.

Fitness Friday

With p.volve - At your desk or wherever you are workout with us! Join their fabulous trainer, Zach for a 30-minute Strength + Sculpt class. No Equipment/ Equipment optional

12:30-1:00 p.m. EST

Join us on Zoom: zoom.us/j/93566951887
Meeting ID: 935 6695 1887

Take-A-Walk Tuesday

Blue Cross Blue Shield of Michigan and Blue Care Network - Blue Cross Virtual Wellbeing Team

12:30-1:00 p.m. EST

Join Cindy and Marissa for a 30-minute walk to connect with the power of nature, explore mindfulness and learn how to improve your overall wellbeing.

For screen and sound via Teams on mobile phone app bit.ly/3DhAXRd or call in (audio only) +1 313-314-1414, 102839572#

Team-Building Thursday

Connect with a friend or co-worker in-person, host a team-building activity, or check out ideas in our Resource Guide!



Main Campaign Sponsor

Special thanks to all of our Sponsors who made this educational and awareness campaign possible!

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