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# WellBAMA

## Ambassador Overview

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The WellBAMA Ambassador team is comprised of University of Alabama faculty and staff members who espouse the concept of wellness in their college or division and assist the Office of Health Promotion and Wellness (OHPW) in promoting WellBAMA health and wellness programs.

### Roles

- Actively participate in the wellness programs and assist in coordination of programs delivered to your area.
- Present with an enthusiastic and positive attitude.
- Help to create a culture of health within work areas.
- Support a team environment, encourage employee involvement and strive for continued improvement of your health, and the health of your colleagues.

### Responsibilities

1. Act as the liaison for your college, school or division by communicating WellBAMA health initiatives and programs, and refer employees to available resources.
2. Communicate and promote the Universities' health and wellness programs and services.
3. Help colleagues by serving as a resource to identify opportunities to enhance the health within your college, school, division and department.
4. Make recommendations on ways to develop health initiatives in your specific area.
5. Provide feedback, thoughts and ideas to enhance the current and future wellness programs.
6. Help organize one or more health events for your college, school or division in both spring and fall semesters. WellBAMA team members are available to assist you
7. Distribute promotion information within your college, school, or division (including newsletters, email communications, program brochures, posting promotional information in your building, etc.).

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The University of Alabama  
Office of Health Promotion &  
Wellness  
2015-2017

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### Recognition

Ambassadors will receive the following in recognition of their service to the Office of Health Promotion and Wellness:

- WellBAMA Ambassador Welcome Kit
- Ambassador lapel pin
- Spring & Fall luncheons

### Commitment

Serve an initial two-year commitment

- Term may be extended if desired

Attend two Wellness Ambassador Luncheons per year

- January & August

Time commitment of approximately two hours per month.

### How to Apply

Applications are accepted through July 15, 2015

1. Nomination by Dean, Vice Presidents and/or Supervisors
2. Personal application
  - Supervisor support will be requested

### Contact

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