



YourLife is a wellness program for Northwestern faculty and staff, and their eligible family members. University faculty and staff can access a wide-variety of programs & services, resources and discounts through the YourLife wellness program to help make thoughtful, positive choices to support their physical, financial and emotional well-being.

The **Wellness Champions Committee** is a group of faculty and staff members who are passionate about wellness. This group participates in monthly meetings in order to learn about, initiate and lead wellness initiatives within their schools and units, receive program and resource updates, as well as serve as advocates.

- Meetings are held every 2nd or 3rd Friday of the month, 9 a.m. – 10 a.m.
- Meetings are not held in June and December
- Video conference information is provided

What Can Champions Do?

- Share YourLife and well-being information with your department
- Answer colleagues' questions about programs and invite them to events
- Help brainstorm large and small-scale wellness initiatives and/or program ideas
- Lead well-being initiatives and programs within your department
- Participate in well-being programming; Your Daily 15, drop-in meditation, nutrition consultations, webinars, and more!

Each school and department are invited to elect a representative to join the Wellness Champions Committee. If you are interested in joining this committee or have any questions, please contact **Evelyn Cordero** at evelyn.cordero@northwestern.edu or (847) 467-6246.