



JHU Wellness Champion Program

Overview

The JHU Healthy at Hopkins Wellness Champion program seeks to engage full-time Johns Hopkins University employees from all departments who are passionate about well-being and who want to share this excitement with their colleagues. The goal of the program is to build a team of champions that help inform individual staff and departments about existing JHU Healthy at Hopkins programs. Champions have the opportunity to communicate back the unique needs of their department so that JHU Healthy at Hopkins continues to evolve programming that best suits our diverse population and work environments.

It's recommended that interested staff communicate and have the support of their manager before registering for the program.

Champion Role

- Attend quarterly champion meetings.
- Promote well-being programs and initiatives.
- Engage with existing wellness resources.
- Encourage department level wellness activities.

Eligibility:

Full-time faculty and staff of Johns Hopkins University.

Time Commitment:

2 hours or more per quarter.

Want to become a champion?

Register using the [link](#) or QR code:



Questions:

wellnessprograms@jhu.edu