

Wellness Mini Grants: A Program Where YOU Choose!

Mini Grant Menu

- North Valley LWBW **exclusively** offers the wellness mini grant program to North Valley employees and physicians to choose and take ownership of their wellness. Why, Kaiser Permanente genuinely cares about YOUR wellbeing.
- Inside is a list of menu offerings aligned with the following areas of wellness.



WHAT IT IS:

This program allows you to CHOOSE what area of wellness will help your department find optimal wellbeing at work.

HOW IT WORKS:

Go to the LWBW website www.livewellbewellnvly.org

3 Easy Steps:

1. Review menu of wellness options available
2. Ensure ambassador/department is ready
3. Apply!

Mini Grant FAQ's



When to Apply

- **Feb 1- Oct 1** must be implemented and payment finalized by 11/30
- Approval decisions are made within 30-days of receipt of application, so plan ahead!



Who Can Apply for Grants

- North Valley Service Area (Roseville & Sacramento) whether KFH, TPMG, night shift, day shift, physicians, floor staff or admin; all are invited.



How Does it Work?

- Identify a wellness ambassador and co-ambassador to lead the grant. (be sure to read the ambassador tasks and requirements)
- Read through the mini grant menu and decide on a wellness item that is best for your department.
- Receive manager approval
- Apply!



What Will Wellness Ambassadors Do?

- Ensure you are ready for the role...See page 3 for further details.



Who Decides if Grant is Approved?

Live well be well staff review grant applications and make final decision.

Decisions are based on several factors including:

- Funds still available in the budget at time the application is received.
- Local and regional workforce health & wellness goals/priorities.
- Alignment with 6 areas of health & wellness for employees & physicians.
- Accessibility - inclusive of majority of department with varying ages and fitness levels.
- Department has a wellness ambassador willing to coordinate the activities as listed.
- Grants do have a department budget cap per year, so if multiple grants are submitted, approval may be limited to ensure all depts have an opportunity to apply.



> Ambassador Role and Important Details

Key Mini Grant Parameters – **IMPORTANT!**

- LWBW is unable to approve or fund certain items including: food or alcohol for meetings or events; gift cards; gifts; holiday parties; professional development classes; class tuition; cause a safety concern.
- All grants must reinforce health & wellness including any incentives (i.e. fitness band for continued fitness work after event).
- Snack carts are eligible for one refill per grant year after initial start year.
- Some grant requests may need safety or facility approval.
- Some grant selections require departments to purchase items on a credit card & submit for reimbursement.
- No Healthcare Appreciation Week events or large facility events.



> What is the role of an Ambassador?

Please ensure the ambassador chosen can accomplish the below tasks timely:

- Seek approval from department manager to research and pursue a wellness mini grant.
- Identify a wellness opportunity on the menu that interests team.
- Ensure that time & capacity are available to lead/host the event, all logistics and/or purchase/create the items being requested.
- Have a 15 minute planning call with *Live Well Be Well*.
- Arrange the space, such as book conference rooms or establish location or purchase items (if applicable) upon grant approval.
- Promote event details to team.
- Be point person for vendor upon arrival (if applicable).
- Email following items to *Live Well Be Well* after the event:
 - Staff participation sign-in sheet
 - Event photos; this is how you will be reimbursed so make sure to capture some great photos!
 - Submit Invoices/One link–must process by 11/30
- Send all event participants the post-event survey for feedback.

> Go Local! Offered by LOCAL Kaiser Permanente LWBW Staff

Mindful Meditation



Interested in single sessions and no incentives, please email lwbw at LiveWellBeWell.nvly@kp.org

10 or 15-minute sessions that can be attached to your meetings or huddles; we can also make this a series. Can request one session or multiple sessions as your department is able. Choose a topic below to address mindfulness or gratitude (or we can customize for you). Each participant receives a gratitude journal. Offered in person or virtual.

Mindfulness: Guided Imagery, Progressive Relaxation, One Moment Meditation, Diaphragmatic breathing

Gratitude: Power of gratitude, Gratitude Letter, Journaling, Self-Compassion

Grant Cost: \$10/pp (*gratitude journal)

Area of Wellness: Emotional Health & Wellness



> Cues to Wellness Action—Items for YOUR environment

Fitness Corner

Do you have a small niche in your department you want to transform into a fitness corner? A place for fitness equipment like dumbbells, medicine balls, yoga mats? Your department can purchase & be reimbursed for pre-approved items.

Grant Cost: \$400

Area of Wellness: Fitness

Meditation Corner

Found an area to turn into a Zen den? Quiet place with yoga mats, electric candles, outdoor pillows, focal points, yoga bricks and or a sound machine with headphones? Your department can purchase & be reimbursed for pre-approved items.

Grant Cost: up to \$200

Area of Wellness: Emotional

Dept. Snack Cart

Create a station or cart with healthy snacks to fuel your body to feel your best. Your department can purchase & be reimbursed for a cart, containers and FIRST round of pre-approved **healthy** snacks. Apply each year for a cart refill.

Grant Cost: up to \$300

HeartMath® Wellness Station

Your department can purchase & be reimbursed for HeartMath supplies that can attach to technology you already have on site to help take a 5-10minute break to do various exercises that can reduce stress, build resilience and improve mental health through engaging heart based techniques and an advanced heart rate variability monitor. <https://www.heartmath.com/tech/>

Prerequisite: Must have iPad, iPhone, or a computer to utilize with equipment. Dedicated space for equipment.

Grant Cost: up to \$300 (heart math setup for 1 computer) **Area of Wellness:** Emotional Health & Wellbeing



> Go Local Fitness! Offered by LOCAL KP LWBW Staff

Stretch & Strength Sessions

Series of 4 classes focused on preventative measures and exercises to help strengthen and empower your body. Focus on neck, shoulders, and back. Great for departments that have safety or ergonomic improvement needs. In person or virtual.

Option: 4 – 15minute mini-sessions or deep dive with 4 –30 min sessions. (Put choice on application)

Grant Cost: \$15/ per person (*foam rollers/resistance bands) **Area of Wellness:** Physical Activity

KP Fitness Recess



15 or 30-min recess that can be attached to your meeting, huddle, or held as team building opportunity; make a series of 2 or 3 sessions (identify on application). Tabata, Stretching, Inside Recess, Inside Power Walk, or Outdoor Recess (identify on application). Comes with “I survived KP Recess shirt”. In-person or virtual.

Grant Cost: \$25/pp for shirts **Area of Wellness:** Physical Activity



Train with the Trainer

Meet with Kevin Pham, Kaiser Permanente LWBW Personal Trainer, to learn how to exercise using equipment or utilizing your own bodyweight. Kevin will go over lifting mechanics, proper form, and how to make the most out of your space. All fitness levels welcome! Choose one, 15–minute OR one, 1–hour session. Please specify on application.

Grant Cost: \$10 pp (*fitness supplies) **Area of Wellness:** Physical Activity

> Fitness Classes – Bringing 30 minutes of fitness classes to you

Offered by our verified vendor, Workouttemp. Workshops can all be offered virtually or in person (space arranged by department). We will connect you with the vendor to arrange logistics. Workouttemp will bill LWBW directly upon grant approval.

Grant Cost: \$135/class virtual; \$145/class onsite **Area of Wellness:** Fitness
(single session or up to 6-session series—please identify number of classes requested in application)

Chair Exercise

This class is designed to increase muscle strength and range of motion. You may not be able to do a rigorous standing workout due to your attire or nature of your office. Chair exercise is the solution. A chair is used for seated exercises, as well as standing support. Class can be modified as needed.

Belly Dance

Cardio: Low impact
You will learn the basics of Belly dance through non-stop movement, repetition, and fantastic music. We will do body isolations. Attendees will ultimately learn to OWN the stage, as you travel, turn, potentially do floor work, gain poise, and exude grace. Attendees will also improve their core strength, balance, stamina, and confidence, all while getting

Qigong

Qigong (pronounced chee-gong) is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing, and movement exercises. It is the science of cultivating the body's internal energy, which is called Qi. It has been credited with helping to achieve mental and spiritual peace, as well as improved general health.

“The only bad work out is the one you didn't do”

Chair Dance Party

Cardio: Medium impact
Do you love Zumba, Hip Hop, or Bollywood dance classes? Is your workspace limited, so you can't fully “bust a move”? No worries. This class delivers all the amazing music, upbeat energy, and easy-to-follow moves of your favorite dance class directly to your office, cubicle, or work area. You can conveniently do this class in your chair. It's accessible for all.

Office Yoga

This is a low impact class for all levels. The poses and movements are geared toward the needs of the particular worksite: tight hips; rounded shoulders; neck misalignments; short, tight hamstrings (which are all common from prolonged sitting), and more. The class also features poses to strengthen the muscles that support correct posture and ease the tension caused by misalignments.

Line Dancing

Cardio: Low impact
Exercise your body and mind by dancing to lively, upbeat music. Line dancing is a fun way to dance socially without a dance partner. This is a great class to learn or practice some of the most common line dances. We'll do the Cha Cha Slide, the Cupid Shuffle, the Wobble, the Macarena, the Tush Push, and so much more!

> Fitness Classes – Bringing 30 minutes of fitness classes to you

Offered by our verified vendor, Workouttemp. Workshops can all be offered virtually or in person (space arranged by department). We will connect you with the vendor to arrange logistics. Workouttemp will bill LWBW directly upon grant approval.

Grant Cost: \$135/class virtual; \$145/class onsite **Area of Wellness:** Fitness

(single session or up to 6-session series—please identify number of classes requested in application)

Caribbean Cardio

Cardio: Low to Medium impact
Heat things up with the rhythm of the Islands. You'll groove, sway and sweat to a stronger, fitter physique. The dances are easy to follow, complete with the easygoing vibes of paradise.

Dancehall

Cardio: Medium impact
Dancehall is one of the many forms of freestyle that grew out of the African diaspora. It is a well-known dance style from Jamaica. Dancehall is physically dynamic, creative, and motivating for participants. Practice will help alleviate tense areas, helping us relax, ground, and find relief.

Pan African Dance

Cardio: Medium impact
Move to the sounds and dances of Mother Africa. Tap into your inner rhythm. Experience an enhanced connection to your body and spirit. You'll learn various dances and movement patterns from West Africa.

“The Greatest Wealth is HEALTH”



Samba Sizzle

Cardio: Medium impact
This is an introductory class to learn the basics of Samba from various regions of Brazil. Get a full workout by moving your feet, arms, legs, hips, and torso to the beat of the music. Explore the rhythms and movements of Brazil -- from Rio to Bahia -- through dance. You will sweat, shake, and smile!

Stress Reduction Through Breath Awareness

Stressful Times Call for Restful Measures. Learn the high cost of stress and how you can change it. Use the breath as a tool to consciously remind yourself to relax. Believe it or not, you may be stressed out and not even know it. We'll help you identify the often-overlooked signs. You'll also learn simple breathing exercises that bring awareness to the entire body.

Sunrise Stretch

Start your day lengthening and moving the body gently. Stretching keeps the muscles flexible, strong, and healthy. We need this flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Each part of the body is explored and challenged in a deep, mindful way.



> Fitness Classes – Bringing 30 minutes of fitness classes to you

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Grant Cost: \$135/class virtual; \$145/class onsite **Area of Wellness:** Fitness

(single session or up to 6-session series—please identify number of classes requested in application)

U-JAM

Cardio: Medium impact
U-JAM is an urban dance workout that “takes it to the club.” With easy-to-follow dance moves and high-energy music (everything from hip hop to Bollywood), you’ll samba and shimmy your way into a nice sweat. You’ll probably recognize several of the songs, too!

Tai Chi

Tai = big or great. Chi = ultimate energy. Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. Say goodbye to sweating, puffing and panting, and say hello to feeling cool, calm, refreshed and energized.

Zumba

Cardio: Medium impact
Zumba is high energy dance fitness program that incorporates Hip Hop, Samba, Salsa, Merengue, Belly dance, and Reggaeton and other world dance beats. Zumba was created by Beto Perez, who has used Latin-inspired dance and easy to follow moves to bring joy to everyone. It’s a fitness party and fantastic workout!

“The Greatest
Wealth is
HEALTH”





> Group Fitness—Fitness Programs to MEET your Goals!

Virtual Conqueror Races

Is your team looking to join an AWESOME Virtual race that can take you on a journey across the globe with virtual post cards sent to you while walking the Camino de Santiago or Irelands Ring of Kerry? Do you have a tech-savvy team member that can guide your department on downloading an app, [creating your team](#), and joining a virtual race? If yes, then this would be a great fit for your group. Check this [link](#) out for virtual races you can join across the world. Work toward a goal as a team OR add a dash of friendly competition and compete against each other.

Prerequisites: A tech-Savvy Grant Ambassador to lead grant and a department representative that would purchase the [bundle](#) of challenges for number of participants looking to join and provide the coupon codes to each participant to get logged in (i.e. 8 challenges = 8 participants). Max of 30 people includes medal, entry and virtual postcards.

Grant Cost: \$30.00/employee **Area of Wellness:** Physical Fitness

Duration: 30 days

Start a Walking Club

Love to get outside and destress from the day? Enjoy leading & organizing a team to get active at a certain time & day that works for your group? This grant is for you! Lead a walking group at a time that works best for your team and we will supply the funding for “KP Steppin’ It Up” department club shirt & a refuel station where you can purchase your **FIRST** round of pre-approved healthy items and be reimbursed (i.e. healthy snacks, water, electrolyte tabs, etc.). Depts to sustain refuel station after **FIRST** round.

Grant Cost: \$200 refuel station + \$25pp for shirts **Area of Wellness:** Physical Fitness

> Got Workshops?

Offered by our verified vendor—Workouttemp. Workshops can all be offered virtually or in person (space arranged by department). We will connect you with the vendor to arrange logistics. Workouttemp will bill directly to us upon grant approval.

Grant Cost: \$250 online/session; \$300 in-person **Duration:** 60 minutes

Acupressure

Reduce your stress through guided acupressure and self-massage. Participants will be invited to reconnect with their breath in this restorative class. We will use this time to explore tension and tightness within the body, especially the hot spots: the neck and shoulders. The instructor will offer guided techniques for a massage to help attendees provide their own healing touch. These techniques we practice will help alleviate tense areas, helping us relax, ground, and find relief.

Area of Wellness: Physical Fitness & Emotional Health & Wellness

Mobility Matters

This is a full-body workout WITHOUT jumping and high cardio. You'll work on key areas of health like balance, flexibility, range of motion, and strength. You'll be challenged cognitively (brain games), working the mind and body in a fun, engaging way. No equipment is necessary. Just a good attitude!!

Area of Wellness: Physical Fitness & Emotional Health & Wellness

Energize Your Mind & Body

Are you stressed out? Have you hit a wall? Feeling blah? This class is tailor-made for you. The session combines meditation, yoga, stretching, balance, and Qigong. It's the perfect recipe for rejuvenation.

Area of Wellness: Physical Fitness & Emotional Health & Wellness

Relaxation Skills

Reduce stress, decrease your blood pressure, and achieve a more laid back state of being. Various methods will be used each session to help you chill out using guided imagery, progressive muscle release, deep breathing, functional stretching, mindfulness, meditation, yoga, Qigong, and Tai Chi

Area of Wellness: Emotional Health & Wellness

Postural Alignment

Do you have back pain? Read on. Do you want to avoid developing back pain? Read on. This class is all about learning healthy posture and movement techniques to restore the body's primal structural integrity and reduce dreaded back pain. Participants will be empowered to weave visual, kinesthetic, and intellectual health education into their everyday lives. The goal is to become aware of and ultimately modify our deeply ingrained habits.

Area of Wellness: Physical Fitness



> Got Workshops?

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Grant Cost: \$250 online/session; \$300 in-person

Self Defense

Participants will learn physical training techniques and strategies for self-protection. You'll be taught how to assess a situation, communicate clearly, and employ impactful strikes to escape, resist, survive and defend yourself in an uncomfortable situation or a violent attack.

Area of Wellness: Emotional Health & Wellbeing
Duration: 60 minutes

Water Color Painting

This is a fun expressive way to find your inner painter and expression though learning about water coloring techniques. This is an intro class that anyone can do.

Grant Cost: Additional \$5 per person for supplies virtual and onsite.
Area of Wellness: Healthy Workplace
Duration: 60 minutes



Please ensure you already have a location identified if doing any onsite activities prior to applying—this will ensure a smooth process.

“Do something today your future self will thank you for”



> Got Workshops?

Offered by our verified vendor—Roots for Wings Yoga. Workshops can all be offered virtually or in person (space arranged by department). We will connect you with the vendor to arrange logistics. Roots for Wings Yoga will bill directly to us upon grant approval.

Grant Cost: \$225 session

Midday Reset Session(s)

It's common to feel overwhelmed. Fortunately, there are tools to calm your mind and downregulate your nervous system. Cultivate more mindfulness in your life through these powerful and accessible practices. Each session includes gentle movement to help you ease into the practice, followed by guided breathwork and meditation. Can be single session or a series.

Area of Wellness: Emotional Wellbeing

Duration: 30 minutes



Please ensure you already have a location identified if doing any onsite activities prior to applying—this will ensure a smooth process.



Offered by our verified vendor—Steve Seay Leadership Coaching, Inc. As a Leadership & Life Coach with a Masters in Marriage Family Therapist (MFT), Steve is motivated to help healthcare professionals reach their full potential. This workshop series is offered VIRTUALLY. We will connect you with the vendor to arrange logistics. Steve Seay will bill LWBW directly upon grant approval.

Grant Cost: \$750 **Area of Wellness:** Emotional Health & Wellbeing **Duration:** 60 or 90 minutes each

A Values-Driven Life:

3 Ways of Unlocking the Source for Optimal Living

Most people are looking for ways to find time for getting everything done on their plate of responsibilities in a busy life while often coming away feeling more anxious, overwhelmed, and unfulfilled. In this workshop we will identify our top 5 highest values and discover how they play a pivotal role when managing time, priorities, and energy. We will also learn new habits that will better align and redirect our daily choices and decisions when operating from a values-driven life. Instead of trying to manage and chase time, let's begin the journey of simplifying our lives, operating within our highest values while experiencing more peace, joy and fulfillment.

Area of Wellness: Emotional Health & Wellbeing

Duration: 60 or 90 minutes

Take Control of Stress:

3 Practices to Boost our Inner Stance

Many people know they are stressed; they understand that too many moving parts, deadlines, and work/life expectations and situations are getting to them, but they don't know how to manage the stress or even where to start. In this workshop we give practical steps on how to take control of your stress by leaning into your inner stance. We will discover that we already have the resourcefulness to manage our stress by accessing our power of choice. Instead of allowing stress to run our lives, let's begin the journey of taking back control of stress.

Area of Wellness: Emotional Health & Wellbeing

Duration: 60 or 90 minutes



Please ensure you already have a primary and alternative date & time identified when applying; that will help us ensure availability

Buoyant Mindset

3 Ways of Growing through Adversity like a Coffee Bean

As a leader, embodying a Growth Mindset has everything to do with how we show up to life. I use the term "buoyancy" as it pertains to illustrating a sense of lightness or resilience of spirit, having elasticity. Growing through challenges and changes in our lives can be met with a reactive or resistant mindset or it can be embraced with a proactive and welcome mindset. We must learn to nurture our "garden" with a Buoyant Mindset as we sprinkle seeds of hope, optimism and progress made towards something that matters. In this Workshop we will look at how we can elevate our state of mind by growing *through* adversity, becoming *better* than yesterday, and creating *effortless* work. Let's explore together how life can get better and richer no matter the storms we face in our lives.

Areas of Wellness: Personal Development

Duration: 60-90 minutes

> Got a Workshop Series?

Offered by our verified vendor—Steve Seay Leadership Coaching, Inc. As a Leadership & Life Coach with a Masters in Marriage Family Therapist (MFT), Steve is motivated to help healthcare professionals reach their full potential. This workshop series is offered VIRTUALLY. We will connect you with the vendor to arrange logistics. Steve Seay will bill directly to us upon grant approval.

Grant Cost: \$1500 for series **Area of Wellness:** Emotional Health & Wellbeing **Duration:** 60 or 90 minutes each

Workshop 4-Part Series with Steve Seay: In this 4-part series, we will explore how being “resilient” is an inside - out practice and journey. We will focus on principles of taking ownership of our choices, shifting our mindset and perspective of how we can up level and re-align our intentions and results by learning that we have the power to create the necessary changes in our lives

“Being “resilient” is an inside-out practice”

#1 of 4 Character Strengths? The Inner Stance of Resilience

In this session we will discover our top three-character strengths and explore the benefits of cultivating and using them as a catalyst for building a resilient professional and personal life. We will see how our top strengths relate and resonate with our greatest hero’s and how these hero’s that we look up or emulate do really describe us.

#3 of 4 Boundaries: Creating Elasticity through Work-Life Integration

In this session we will explore the difference between work-life integration and work-life balance. We will review how work-life integration can be aligned with agreements and meeting our human needs (i.e. pouring time and energy into our personal, professional, relational buckets) vs. the teeter totter analogy (i.e. compartmentalizing our lives). We will practice how to create new agreements instead of trying to passively live up to unrealistic expectations. During the training we will also begin to create awareness of our verbal language, establishing an awareness when operating from a serving or pleasing mentality.

#2 or 4 Essentialism: Managing Priorities & Calendars instead of Time

In this session we will discover the differences between an essentialist and a non-essentialist. We will learn how to begin putting first things first in our lives, drawing up on Stephen Covey’s work in 7 Habits of Highly Effective People. There will be teaching on the 4-Quadrants (4-box model) of priority management. In addition, we will practice creating a game plan that includes scheduling these higher priority activities in our calendar instead of relying upon the need for willpower or motivation when taking action.

#4 or 4 Environment: Enrolling our Power Team

In this session we will learn the importance of healthy relational environment by creating our power team. We will begin the steps of enrolling our power team by inviting at least three people who will be our supportive team when creating accountability in the things that we want to create more of in our lives (i.e. intentions, habits, and goals). We will discover that leaning into our core team is vital to unlocking the power from within and experiencing lasting positive changes in our lives no matter what circumstances or obstacles come in our path.



Offered by our verified vendor—Steve Seay Leadership Coaching, Inc. As a Leadership & Life Coach with a Masters in Marriage Family Therapist (MFT), Steve is motivated to help healthcare professionals reach their full potential. This workshop series is offered VIRTUALLY. We will connect you with the vendor to arrange logistics. Steve Seay will bill LWBW directly upon grant approval.

Grant Cost: \$750 **Area of Wellness:** Emotional Health & Wellbeing **Duration:** 60 or 90 minutes each

Art of Communication:

Seeking First to Understand, then be Understood

Many people struggle with how to communicate with one another and take the time to learn another’s point of view or perspective. Much of the times we become too busy to slow down, resulting in lack of communication, quick to react and judge one another without having understanding. In this workshop we will learn Habit #5 (Seek First to Understand, then Be Understood) from “7 Habits of Highly Effective People” by Stephen Covey; how to show up into conversations from a place of seeking to understand through asking questions, listening with an open-heart posture. Together we will learn the distinctive of having a *conversation vs. conflict*; how to improve our “delivery” of information through the choice of our words, tonality, and body language.

Area of Wellness: Emotional Health & Wellbeing
Duration: 60 or 90 minutes

Happiness is the Way:

3 Keys to a Sustainable Life

Most people are looking for happiness as a place we are trying to get to, but so many times we forget that happiness is more about a place we come *from* in our lives. During the past 3 years, we have all been faced with so many unexpected challenges and stress that have resulted in a shift in our lives from a place of *thriving* to *surviving*. In this workshop we will identify 3 ways to creating a sustainable life through a distinctive called *owner vs. victim*, where we create a sustainable life through what Victor Frankl, psychiatrist, holocaust survivor and author of the book “*Man’s Search for Meaning*,” calls the **power of choice**. We will see that through practice and research that we have more influence and choice, as much as 40%, to alter and change the course of happiness in and around our lives. Together we will learn three ways to grow our psychological, physiological, and social well-being.

Area of Wellness: Emotional Health & Wellbeing
Duration: 60 or 90 minutes

The Art of Feedback:

3 Steps to Elevate Giving, Receiving and Seeking Feedback

In Part II of the Art of Communication training, we will discover why most people in today’s workplace tend to avoid feedback, seeing it as a *negative*. When, most people really do want honest and open feedback to *learn* how to grow, develop and get better at their jobs. Together, we will continue the journey in the art of developing healthy communication in our quest to give, receive, and seek feedback. As James Clear, author of “Atomic Habits” states, “*The trick to viewing feedback as a gift is to be more worried about having blind spots than hearing about them.*”

Areas of Wellness: Communication
Duration: 60-90 minutes



> Department Led Options

CLOSED FOR 2024 GRANT SEASON– MAX CAPACITY MET

~~KP Adult Day Camp~~

~~A fun healthcare day to PLAY! Fun games like water balloon baseball or toss, with a sprinkle of fitness. Games will be tailored for you, the season, and include some friendly competition. Led by our LWBW trainer & team~~

~~**Prerequisite:** at least 20 attendees, space for camp, great opportunity to work with other departments.~~

~~**Grant Cost:** \$25/pp for shirts + \$200 supplies **Area of Wellness:** Healthy Workplace **Duration:** 3-4 hours~~

Host a Preventative Screening Day for Employees

This is an opportunity to connect with a department that can provide employees onsite screenings (i.e. PROMPT checks, cervical cancer screening, colorectal screening). LWBW will provide funding for incentives to staff that provide screenings and for those who attend to receive a screening.

Grant Cost: up to \$200

Area of Wellness: Healthy Workplace

Duration: Variable

Host an Affirmation Art Station

Provide your staff the materials to make one small affirmation card to keep at their workstation. Set up a table with supplies with small square blank canvases, paint markers to design, other art supplies to bedazzle their masterpiece, and printed out examples of inspiring affirmations to bring positivity into the workplace. You can get creative and customize your affirmation art station. What a great way to brighten your team's day. This grant will cover the supplies needed.

Grant Cost: up to \$200

Area of Wellness: Healthy Workplace

Duration: Variable

Host a Gratitude Letter Making Table

Provide your staff the materials to write a gratitude letter for their colleague. Set up a table with supplies to write an anonymous letter to their colleague with what they appreciate about them. They can put the card in a large box and the ambassador will leave the cards on the individuals' desk. What an opportunity to provide a Caring Moment to your colleague! This grant will cover the supplies needed. Feel free to make a creative station!

Grant Cost: up to \$200

Area of Wellness: Healthy Workplace

Duration: Variable

> Create YOUR own Adventure! - Customize a Wellness Activity

Do you have a good imagination or enjoy researching new ways to inspire health & wellness with your colleagues? Then this option is for you. You will need to demonstrate that your event or activity aligns with one of the six areas of wellness & can positively impact their health (see page 1).

Prerequisites: No swag, gifts, gift cards, holiday parties, food, alcohol, no restaurant or bar type locations, or tuition/professional development courses; lets bring the gift of health & wellness to one another! Any items purchased would need to reinforce a healthy behavior (i.e. resistance band to continue efforts after a fitness event, etc.). Your department may need to purchase pre-approved items and submit for reimbursement. Please see p.2 & 3 of menu for all grant parameters.

Grant Cost: up to \$800 **Area of Wellness:** Cross-Cutting **Duration:** Variable

Create Your Own Adventure Ideas:

- AR Workshop– hands on art classes
- Granite Arch Climbing Center
- Escape Rooms
- Haggin Oaks Driving Range