# PENN HEALTHY YOU
# Wellness Champions Network Application | 2026–2027

The Penn Healthy You (PHY) team is excited to launch our new **Wellness Champions Network**, a volunteer leadership opportunity for University of Pennsylvania benefits-eligible faculty, staff, and postdocs.

Do you enjoy encouraging others, sharing helpful resources, or bringing people together? Join our Wellness Champions Network and help foster a culture of well-being across Penn.

Wellness Champions are employees who are passionate about creating a healthy, connected, and supportive workplace. As trusted wellness ambassadors within their departments, they help make well-being more visible, accessible, and engaging by connecting colleagues with resources, programs, and opportunities that support every dimension of well-being.

Whether you're interested in physical health, mental well-being, work-life balance, financial wellness, or simply helping colleagues feel connected, we hope you'll apply. No wellness expertise is required—just enthusiasm, curiosity, and a desire to support your Penn community!

**TO APPLY:**
Here is the application link – we encourage you to first review the following information, including the "Commitment and Expectations" section. Please note the final deadline to submit your completed application is **Tuesday, September 8, 2026.**

**Wellness Champions Network Application, 2026-2027 – click to fill out form**

**What You'll Do:**
As a Wellness Champion, you'll receive training, tools, and ongoing support from the Penn Healthy You team to:

✓ Share wellness resources, events, and opportunities with colleagues.
✓ Encourage participation in programs that support all dimensions of well-being.
✓ Create simple, fun wellness activities and opportunities for connection within your department.
✓ Gather feedback and ideas to help shape future wellness initiatives.
✓ Serve as a trusted link between your department and the Penn Healthy You team.

**Why Become a Wellness Champion?**
As a Wellness Champion, you'll have the opportunity to:

- Develop leadership, communication, and employee engagement skills.
- Expand your professional network by connecting with colleagues across Penn.
- Receive early access to wellness resources, updates, and initiatives.
- Contribute to meaningful well-being efforts that support the Penn community.
- Help foster a workplace culture that values health, connection, and well-being.
- Be recognized as a champion for wellness within your department and across the University.

**Commitment and Expectations**
For 2026–2027, the Wellness Champion role will be a 10-month commitment (September 2026–June 2027). In future years, it will be a 12-month commitment (July–June). Wellness Champions are encouraged to reapply annually.

As a Wellness Champion, we ask you to:

- Attend monthly meetings and training sessions from September 2026 through June 2027. Most sessions will be held virtually, with one in-person gathering scheduled each semester. We encourage you to attend as many sessions as possible to stay informed, connected, and engaged.
- Utilize available resources and materials to help understand and promote Penn Healthy You programs, resources, events, and annual rewards campaign. Information will be provided during monthly meetings, plus be accessible in various ways, including a special Wellness Champions Teams Channel.
- Support wellness initiatives within your department by sharing information and coordinating simple, fun wellness activities – the PHY team will provide training and support! A few examples: post resources/events information in community areas, promote monthly or quarterly health tips, or coordinate easy wellness activities for your department such as a wellness walk, potluck healthy lunch, or speaker.
- Serve as a liaison and provide the PHY team with general feedback from colleagues (ideas, needs, concerns, etc.) to help enhance programs, communications, and strategies that support employee well-being.
- Commit approximately 3-4 hours each month to the role. Applicants are encouraged to discuss participation with their supervisor to ensure mutual understanding and support.

**2026–2027 Timeline**

**Recruitment and Selection**

- **July – September 8, 2026**: Application through Microsoft Forms is available and promoted. The final submission deadline is **Tuesday, September 8.** Submitted applications will be reviewed on a rolling basis.
- **September 9 – 16, 2026:** Final application review and selections.
- **Thursday, September 17, 2026:** Penn Healthy You team will notify all applicants of their status via email.

**Fall 2026: Monthly Meetings (all 12:00pm – 1:00pm)**

- **Kick-off meeting – Wednesday, September 30 (virtual)**
- Tuesday, October 27 (virtual)
- Wednesday, November 18 (virtual)
- ***Tuesday, December 8 (in-person meeting – location TBD)***

**Spring 2027: Monthly Meetings (all 12:00pm – 1:00pm)**

- **Thursday, January 14** (virtual)
- **Additional dates TBD:**
    - **February** (virtual)
    - **March** (virtual)
    - **April** (virtual)
    - ***May (in-person recognition gathering – location TBD)***
    - **June** (final meeting/virtual)