

Faculty and Staff,

I am excited to announce that Trevecca is now offering to all full time employees an Employee Wellness Program! This program demonstrates the University's commitment to Wholeness as we all are attempting to submit our bodies as a living sacrifice and practice physical stewardship. (Romans 12:1) The University is offering a \$100 incentive (per quarter) for those employees who successfully complete the program requirements. In addition to the \$100 incentive the Center for Maximizing Wellness will be offering several optional opportunities to help you meet your fitness and exercise goals, which will include fitness classes, health seminars and personal training sessions.

Attached is a document explaining how the program works and how to get started. The first quarter sign up period is **November 4-8**. To officially get signed up for the program please come to the Health Clinic next week Monday through Friday, 8 am - 5:30pm or set up an appointment with Travis Carpenter (Wellness Program Coordinator) [tcarpenter@trevecca.edu](mailto:tcarpenter@trevecca.edu), 248-1568.

If you have questions please feel free to contact myself or Travis.

Joe

**Joseph Cole, PhD**

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