



# Connecting Our Communities

**Well City Fox Cities – it's the right thing to do.**

There's an exciting movement happening in the Fox Valley, and you can be a part of it. The Wellness Council of America (WELCOA) has given the Fox Cities the chance to become a "Well City" and prove that we are national leaders in the areas of health and wellness. Working toward a Well City designation will improve the health and productivity of our workforce, reduce the burden of healthcare costs, and reinforce the Fox Cities' reputation as a great place to live and work. By connecting local businesses, organizations, and schools, we can improve the wellbeing of our entire community.

## What's a Well City?

Well City USA is a concept created in 1991 by the Wellness Council of America, a national non-profit organization and leading resource for health and wellness promotion. Well City challenges local businesses to work together toward building healthier communities, starting in each individual worksite.

## We're reaching out.

We're not stopping at the worksite. When we began planning Well City Fox Cities, we received an amazing response from our local school districts. As part of the Well City Fox Cities project, we will collaborate with local schools to touch an additional 25,000 lives and give local children the foundation for a lifetime of health.

## Join the movement.

The Fox Cities region has until May 31, 2013 to achieve our goal. We have strong momentum – over 40 local employers are already on board. Our project has been strengthened through major financial contributions from Affinity Health System and ThedaCare. The Wellness Council of Wisconsin will be offering support and guidance. But we're just getting started.

Your participation will help us reach our goal. And we'll provide support, resources, tools, and education to help you reach yours.

## Get connected.

There are many ways that you can participate in the Well City Fox Cities project.

- **Join the initiative and start the Well Workplace process.** To achieve a Well City designation, local employers must develop and sustain results-oriented worksite wellness programs.
- **Become a sponsor.** There are many levels of sponsorship and opportunities for in-kind donations available.
- **Volunteer your time.** The Well City Fox Cities initiative is completely volunteer-run, so our success depends on our collaboration.

However you choose to get involved, you'll be supporting a vital effort that's making a real difference in our entire region.

**Visit [www.wellcityfoxcities.com](http://www.wellcityfoxcities.com) for more information.**



*Schools*



*Offices*



*Industry*



*Local Programs*