



The Wellness Initiative was created in 2008 to support the health and wellbeing of each of our faculty, staff, and students. The Initiative focuses on providing programs, services, and information that support physical, mental, and emotional wellness for individuals, one-on-one relationships, and groups.

Ways to get involved in the UMBC Wellness Initiative (WIn)

- Join the WIn myUMBC Group: <http://my.umbc.edu/groups/wellness>
- Encourage people to attend wellness workshops and activities with you. Check the 'Events' tab in the WIn myUMBC group for the latest list.
- Start an ongoing wellness activity in your department or student group, and then share the results of a personal or group **Success Story** on the wellness website.
- Design and teach a wellness program for the campus community.
- Support campus leaders in creating a healthy environment and encouraging healthy behaviors.
- Pay attention to campus wellness needs, success stories, and items appropriate for UMBC **Wellness News** announcements. Communicate these to the Wellness Initiative Collaboration Team via email: wellness@umbc.edu.
- Submit content for the wellness website for sections: **Wellness News, Success Stories, Wellness Links, and/or Tips and Articles**.

See next page for guidelines on how to create and submit content for the wellness website.

Questions? Please email wellness@umbc.edu

Wellness Initiative Website Content Submittal Guidelines

Content Type	Submittal Deadline and Requirements	Process
Tips and Articles	<p>Tips and Articles content changes seasonally:</p> <p>Winter (content live Dec, Jan, Feb) – submit by Nov 1st Spring (content live Mar, April, May) – submit by Feb 1st Summer (content live June, July, August) – submit by May 1st Fall (content live Sept, Oct, Nov) – submit by Aug 1st</p> <p>Submit content in final form (i.e., 2-3 sentence paragraph with links to documents or websites). We can only post content with permission of the author. We do not need permission to post links to website.</p> <p>See examples on the WIn website.</p>	Email Jill Wardell (jwardell@umbc.edu) with attachments and she'll let you know if she has any questions.
Wellness News	<p>Content can be submitted any time:</p> <p>Wellness News is for the communication of campus-wide wellness announcements. While not intended to market specific programs, it can be used to announce a new service. It can also be used for communicating department wellness accomplishments or awards.</p> <p>Please submit Wellness News in final form.</p> <p>See examples on the WIn website.</p>	Email Jill Wardell (jwardell@umbc.edu) with attachments and she'll let you know if she has any questions.
Wellness Links and/or Success Stories	<p>Links to websites and success stories can be submitted any time:</p> <p>When submitting possible Wellness Links, please suggest only those that are meant to be informational (i.e., those that are not intended to sell products or services). You may suggest which category the link could be posted under.</p> <p>Success Stories must be 750 characters or less. See examples on the WIn website.</p>	Submit Wellness Links & Success Stories on website. Click link on each page for instructions.

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