

Become a



Be part of a healthy Syracuse!

Wellness Champions promote a culture of wellness by making healthy choices and encouraging others to do the same. They spread the word on programs, services, and activities designed to help SU employees live their best, healthiest life every day.

You can be a Wellness Champion! Do you:

- Have an interest in health and wellness?
- Want to promote a healthy lifestyle?
- Want to make a difference?

Join our Wellness Champion team!

Working together, we can create a healthier campus community. Visit wellness.syr.edu/champions to learn more and meet some of our Wellness Champions.

Brought to you by the Syracuse University Wellness Initiative.

wellness.syr.edu



Syracuse University Wellness Initiative



“Wellness of your mind, body, and spirit is essential to living a healthy and productive life. You have to take care of yourself to be able to take care of others.”

—MICHAEL PATSOS
TRAINING COORDINATOR
DEPARTMENT OF PUBLIC SAFETY