

# Wellness Mini Grants: A Program Where YOU Choose!

## Mini Grant Menu

- North Valley LWBW is now offering mini grants that allow you to choose and take ownership of your wellness program.
- This **exclusive** offering was designed specially for North Valley employees & physicians because we care about YOUR wellbeing
- Inside is a list of menu offerings aligned with the following areas of wellness.



live well be well

### WHAT IT IS:

We are One KP! But, we also have unique needs.

This program allows you to CHOOSE what area of wellness will help your department find optimal wellbeing at work.

### HOW IT WORKS:

Go to the LWBW website  
[www.livewellbewellnvly.org](http://www.livewellbewellnvly.org)

It's as easy as ... 1, 2, 3

1. Review menu of wellness options available
2. Take quiz to help prepare to apply.

## Mini Grant FAQ's



### > Who Can Apply for Grants

- There should be something for everyone within the North Valley Service Area (Roseville & Sacramento Area) whether KFH, TPMG, night shift, day shift, physicians, floor staff or admin; all are invited.

### > How Does it Work?

- Departments identify a wellness ambassador to lead the grant.
- We recommend having a second person to help; an administrative professional can help with sending invitations, coordinating RSVP's, making reservations, contacting vendors, coordinating billing, gathering supplies and so forth.

### > What Will Wellness Ambassadors Do?

- Take the "Are you Ready" Quiz to see if your team is ready to apply
- Click [here](#) for quiz & steps ambassadors will take.

### > Key Mini Grant Parameters – IMPORTANT!

- LWBW is unable to approve or fund certain items including: **food or alcohol for meetings/events; gift cards; gifts; holiday parties; professional development classes; class tuition; theraguns** (alternatives can be recommended); etc.
- All grants must reinforce health & wellness including any incentives (i.e. fitness band for continued fitness work after event).
- Snack carts are eligible for one refill per grant year after initial start year.
- Some grant requests may need safety or facility approval.
- Some grant selections require departments to purchase items on a credit card & submit for reimbursement.



### When to Apply

Applications will be taken:

- **Feb 1- Oct 31** must be implemented and payment finalized in the same calendar year.
- Application approval decisions are made within 14-days of receipt of application, so plan ahead!



### > Who Decides if Grant is Approved?

Live well be well staff review grant applications and make final decision.

Decisions are based on several factors including:

- Funds still available in the budget at time the application is received.
- Local and regional workforce health & wellness goals/priorities.
- Alignment with 6 areas of health & wellness for employees & physicians.
- High number of attendees anticipated.
- Accessibility – inclusive of majority of department with varying ages and fitness levels.
- Department has a wellness ambassador willing to coordinate the activities as listed.
- Higher dollar grant applications are more difficult and typically need to demonstrate high number of confirmed department participation and preferable inter-department participation.
- Grants do have a department budget cap per year, so if multiple grants are submitted, approval may be limited to ensure all depts have an opportunity to apply.



## > Go Local! Offered by LOCAL Kaiser Permanente LWBW Staff

### Mindful Meditation



Interested in single sessions and no incentives, click [here](#) to request, no application required.

10 or 15-minute sessions that can be attached to your meetings or huddles; we can also make this a series. Can request one session or multiple sessions as your department is able. Choose a topic below to address mindfulness or gratitude (or we can customize for you). Each participant receives a gratitude journal. Offered in person or virtual.

**Mindfulness:** Guided Imagery, Progressive Relaxation, One Moment Meditation, Diaphragmatic breathing

**Gratitude:** Power of gratitude, Gratitude Letter, Journaling, Self-Compassion

**Grant Cost:** \$10/pp (\*gratitude journal)

**Area of Wellness:** Emotional Health & Wellness



## > Cues to Wellness Action–Items for YOUR environment

### Fitness Corner

Do you have a small niche in your department you want to transform into a fitness corner? A place for fitness equipment like dumbbells, medicine balls, yoga mats? Your department can purchase & be reimbursed for pre-approved items.

**Grant Cost:** \$300

**Area of Wellness:** Fitness

### Meditation Corner

Found an area to turn into a Zen den? Quiet place with yoga mats, electric candles, outdoor pillows, focal points, yoga bricks and or a sound machine with headphones? Your department can purchase & be reimbursed for pre-approved items.

**Grant Cost:** up to \$200

**Area of Wellness:** Emotional

### Dept. Snack Cart

Create a station or cart with healthy snacks to fuel your body to feel your best. Your department can purchase & be reimbursed for a cart, containers and FIRST round of pre-approved **healthy** snacks; your department is responsible to refill after FIRST round in grant year.

**Grant Cost:** up to \$200

**Area of Wellness:** Health Eating

### HeartMath® Wellness Station

Your department can purchase & be reimbursed for HeartMath supplies that can attach to technology you already have on site to help take a 5-10minute break to do various exercises that can reduce stress, build resilience and improve mental health through engaging heart based techniques and an advanced heart rate variability monitor. <https://www.heartmath.com/tech/>

**Prerequisite:** Must have iPad, iPhone, or a computer to utilize with equipment. Dedicated space for equipment.

**Grant Cost:** up to \$300

**Area of Wellness:** Emotional Health & Wellbeing



## > Go Local Class Series ! Offered by LOCAL KP LWBW Staff



Interested in a single session class with no incentives:  
No application required—See Topics & Request [here](#)

### Resilience 101: 4-part Class Series

Looking to host a time for you or your staff to learn skillsets to become more resilient? This tailored, live 4–class series may be the tool for you. We have 6 – 1 hour classes you can mix and match to include: (1) Coping with Change, (2) Resilience Starts w/Purpose (3) Mindful Stretching (4) Power of Gratitude, (5) Total Health Nutrition and (6) Laughter is the best Medicine. Offered in person or virtual.

**Grant Cost:** \$25/ per person (\*materials/incentives) **Area of Wellness:** Cross Cutting

### Remaining Resilience 102: 7-part Class Series

Dive deeper into the top 6 evidence-based approaches to building resilience; must offer all 7-1hr classes , but attendees can drop in as able. Courses include: (1) Coping with Change, (2) Resilience Starts with Purpose, (3) Deepen Your Social Connection, (4) Develop Mental Focus, (5) Make Food Work For You, (6) Become Physically Fit, and (7) Create Healthy Habits. In person or Virtual.

**Grant Cost:** \$40/per person (\*materials/incentives) **Area of Wellness:** Cross Cutting



North Valley Exclusive Signature Offering

### Resilience 201: Beyond KP Department Series – Advanced Resilience Workshop

Staff will partake in the 7-part series and reconnect with physicians in final sessions to build their moai and connect on personal mission. No mix and match and attendees should anticipate attending all sessions, as it is a building series. Topics include: Resilience Starts with Purpose, Deepen Your Social Connection, Develop Mental Focus, Make Food Work For You, Become Physically Fit, Create Healthy Habits, Building a Resilient Culture (finale). In person or Virtual.

**Pre-requisites:** Attendees with departments that have majority of physicians that have completed the MD Beyond KP may apply to help bridge concepts in the work environment to build culture and morale.

**Grant Cost:** \$55 per person (materials/incentives) **Area of Wellness:** Cross-Cutting



## > Go Local Fitness! Offered by LOCAL KP LWBW Staff

### Stretch & Strength Sessions

Series of 4 classes focused on preventative measures and exercises to help strengthen and empower your body. Focus on neck, shoulders, and back. Great for departments that have safety or ergonomic improvement needs. In person or virtual.

**Option:** 4 – 15minute mini-sessions or deep dive with 4 –1hr sessions. (Put choice on application)

**Grant Cost:** \$15/ per person (\*foam rollers/resistance bands) **Area of Wellness:** Physical Activity

### KP Fitness Recess



Interested in a 5 minute single fitness recess and no giveaway, email LWBW and we will arrange, no application required

15 or 30-min recess that can be attached to your meeting, huddle, or held as team building opportunity; make a series of 2 or 3 sessions (identify on application). Tabata, Stretching, Inside Recess, Inside Power Walk, or Outdoor Recess (identify on application). Comes with "I survived KP Recess shirt". In-person or virtual.

**Grant Cost:** Up to \$25/pp

**Area of Wellness:** Physical Activity



### Train with the Trainer

Meet with Kevin Pham, Kaiser Permanente LWBW Personal Trainer, to learn how to exercise using equipment or utilizing your own bodyweight. Kevin will go over lifting mechanics, proper form, and how to make the most out of your space. All fitness levels welcome! Choose one, 15–minute OR one, 1–hour session. Please specify on application.

**Grant Cost:** \$10 pp (\*supplies)

**Area of Wellness:** Physical Activity



## > Fitness Classes – Bringing 30 minutes of fitness classes to you

Offered by our verified vendor, Workouttemp. Workshops can all be offered virtually or in person (space arranged by department). We will connect you with the vendor to arrange logistics. Workouttemp will bill LWBW directly upon grant approval.

**Grant Cost:** \$115/class virtual; \$130/class onsite **Area of Wellness:** Fitness  
(single session or up to 6-session series—please identify number of classes requested in application)

### Chair Exercise

This class is designed to increase muscle strength and range of motion. You may not be able to do a rigorous standing workout due to your attire or nature of your office. Chair exercise is the solution. A chair is used for seated exercises, as well as standing support. Class can be modified as needed.

### Belly Dance

Cardio: Low impact  
You will learn the basics of Belly dance through non-stop movement, repetition, and fantastic music. We will do body isolations. Attendees will ultimately learn to OWN the stage, as you travel, turn, potentially do floor work, gain poise, and exude grace. Attendees will also improve their core strength, balance, stamina, and confidence, all while getting a great full-body workout.

### Qigong

Qigong (pronounced chee-gong) is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing, and movement exercises. It is the science of cultivating the body's internal energy, which is called Qi. It has been credited with helping to achieve mental and spiritual peace, as well as improved general health.

“The only bad work out is the one you didn't do”

### Chair Dance Party

Cardio: Medium impact  
Do you love Zumba, Hip Hop, or Bollywood dance classes? Is your workspace limited, so you can't fully "bust a move"? No worries. This class delivers all the amazing music, upbeat energy, and easy-to-follow moves of your favorite dance class directly to your office, cubicle, or work area. You can conveniently do this class in your chair. It's accessible for all.

### Office Yoga

This is a low impact class for all levels. The poses and movements are geared toward the needs of the particular worksite: tight hips; rounded shoulders; neck misalignments; short, tight hamstrings (which are all common from prolonged sitting), and more. The class also features poses to strengthen the muscles that support correct posture and ease the tension caused by misalignments. You will achieve breath awareness and relaxation into their everyday lives. The goal is to become aware of and ultimately modify our deeply ingrained habits.

### Line Dancing

Cardio: Low impact  
Exercise your body and mind by dancing to lively, upbeat music. Line dancing is a fun way to dance socially without a dance partner. People often line dance at wedding receptions, family reunions, and Bar/Bat Mitzvahs, as well as on cruises (back when people cruised!). This is a great class to learn or practice some of the most common line dances, so you'll be "in the know" at your next gathering. We'll do the Cha Cha Slide, the Cupid Shuffle, the Wobble, the Macarena, the Tush Push, and so much more!

## > Fitness Classes – Bringing 30 minutes of fitness classes to you

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**Grant Cost:** \$115/class virtual; \$130/class onsite **Area of Wellness:** Fitness

(single session or up to 6-session series—please identify number of classes requested in application)

### Caribbean Cardio

Cardio: Low to Medium impact  
Heat things up with the rhythm of the Islands. You'll groove, sway and sweat to a stronger, fitter physique. The dances are easy to follow, complete with the easygoing vibes of paradise.

### Dancehall

Cardio: Medium impact  
Dancehall is one of the many forms of freestyle that grew out of the African diaspora. It is a well-known dance style from Jamaica. Dancehall is physically dynamic, creative, and motivating for the participants. Well-known Dancehall music artists including Rihanna, Sean Paul, and Shaggy we practice will help alleviate tense areas, helping us relax, ground, and find relief.

### Pan African Dance

Cardio: Medium impact  
Move to the sounds and dances of Mother Africa. Tap into your inner rhythm. Experience an enhanced connection to your body and spirit. You'll learn various dances and movement patterns from West Africa.

“The Greatest Wealth is HEALTH”



### Samba Sizzle

Cardio: Medium impact  
This is an introductory class to learn the basics of Samba from various regions of Brazil. Get a full workout by moving your feet, arms, legs, hips, and torso to the beat of the music. Explore the rhythms and movements of Brazil -- from Rio to Bahia -- through dance. You will sweat, shake, and smile!

### Stress Reduction Through Breath Awareness

Stressful Times Call for Restful Measures. Learn the high cost of stress and how you can change it. Use the breath as a tool to consciously remind yourself to relax. Believe it or not, you may be stressed out and not even know it. We'll help you identify the often-overlooked signs. You'll also learn simple breathing exercises that bring awareness to the entire body.

### Sunrise Stretch

*Start your day lengthening and moving the body gently. Stretching keeps the muscles flexible, strong, and healthy. We need this flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Each part of the body is explored and challenged in a deep, mindful way.*







Don't forget LWBW has FREE live fitness classes every week that your team can do together! Go to [www.livewellbewellnvly.org](http://www.livewellbewellnvly.org)

## > Group Fitness–Fitness Programs to MEET your Goals!

### Virtual Conqueror Races

Is your team looking to join an AWESOME Virtual race that can take you on a journey across the globe with virtual post cards sent to you while walking the Camino de Santiago or Irelands Ring of Kerry? Do you have a tech-savvy team member that can guide your department on downloading an app, [creating your team](#), and joining a virtual race? If yes, then this would be a great fit for your group. Check this [link](#) out for virtual races you can join across the world. Work toward a goal as a team OR add a dash of friendly competition and compete against each other.

**Prerequisites:** A tech-Savvy Grant Ambassador to lead grant and a department representative that would purchase the [bundle](#) of challenges for number of participants looking to join and provide the coupon codes to each participant to get logged in (i.e. 8 challenges = 8 participants). Max of 30 people includes medal, entry and virtual postcards.

**Grant Cost:** \$30.00/employee **Area of Wellness:** Physical Fitness

**Duration:** 30 days

### Start a Walking Club

Love to get outside and destress from the day? Enjoy leading & organizing a team to get active at a certain time & day that works for your group? This grant is for you! Lead a walking group at a time that works best for your team and we will supply the funding for "KP Steppin' It Up" department club shirt & a refuel station where you can purchase your **FIRST** round of pre-approved healthy items and be reimbursed (i.e. healthy snacks, water, electrolyte tabs, etc.). Depts to sustain refuel station after FIRST round.

**Grant Cost:** \$200 refuel station + \$25pp for shirts **Area of Wellness:** Physical Fitness



Offered by our verified vendor—Workouttemp. Workshops can all be offered virtually or in person (space arranged by department). We will connect you with the vendor to arrange logistics. Workouttemp will bill directly to us upon grant approval.

**Grant Cost:** \$240 online/session; \$300 in-person **Duration:** 60 minutes

### Acupressure

Reduce your stress through guided acupressure and self-massage. Participants will be invited to reconnect with their breath in this restorative class. We will use this time to explore tension and tightness within the body, especially the hot spots: the neck and shoulders. The instructor will offer guided techniques for a massage to help attendees provide their own healing touch. These techniques we practice will help alleviate tense areas, helping us relax, ground, and find relief.

**Area of Wellness:** Physical Fitness & Emotional Health & Wellness

### Energize Your Mind & Body

Are you stressed out? Have you hit a wall? Feeling blah? This class is tailor-made for you. The session combines meditation, yoga, stretching, balance, and Qigong. It's the perfect recipe for rejuvenation.

**Area of Wellness:** Physical Fitness & Emotional Health & Wellness

### Postural Alignment

Do you have back pain? Read on. Do you want to avoid developing back pain? Read on. This class is all about learning healthy posture and movement techniques to restore the body's primal structural integrity and reduce dreaded back pain. Participants will be empowered to weave visual, kinesthetic, and intellectual health education into their everyday lives. The goal is to become aware of and ultimately modify our deeply ingrained habits.

**Area of Wellness:** Physical Fitness

### Mobility Matters

This is a full-body workout WITHOUT jumping and high cardio. You'll work on key areas of health like balance, flexibility, range of motion, and strength. You'll be challenged cognitively (brain games), working the mind and body in a fun, engaging way. No equipment is necessary. Just a good attitude!!

**Area of Wellness:** Physical Fitness & Emotional Health & Wellness

### Relaxation Skills

Reduce stress, decrease your blood pressure, and achieve a more laid back state of being. Various methods will be used each session to help you chill out using guided imagery, progressive muscle release, deep breathing, functional stretching, mindfulness, meditation, yoga, Qigong, and Tai Chi

**Area of Wellness:** Nutrition



## > Got Workshops?

Offered by our verified vendor–Workouttemp. Workshops can all be offered virtually or in person (space arranged by department). We will connect you with the vendor to arrange logistics. Workouttemp will bill directly to us upon grant approval. **Grant Cost:** \$240 online/session; \$300 in-person

### Self Defense

Participants will learn physical training techniques and strategies for self-protection. You'll be taught how to assess a situation, communicate clearly, and employ impactful strikes to escape, resist, survive and defend yourself in an uncomfortable situation or a violent attack.

**Area of Wellness:** Emotional Health & Wellbeing  
**Duration:** 60 minutes

### Water Color Painting

This is a fun expressive way to find your inner painter and expression though learning about water coloring techniques. This is an intro class that anyone can do.

**Grant Cost:** Additional \$5 per person for supplies  
**Area of Wellness:** Healthy Workplace  
**Duration:** 60 minutes



Offered by our verified vendor–Breakroom Fitness. Workshops can all be offered virtually or in person (space arranged by department). We will connect you with the vendor to arrange logistics. Breakroom will bill directly to us upon grant approval. **Grant Cost:** \$500 per session

### A Balanced Life?

We hear and see the phrase, “living a balanced life” everywhere! But is that really possible? Is it obtainable? In this workshop we talk about the alarming truths that a “balanced life” is in fact a myth. That life is really more about ebb and flow; that there is consistently going to be one area of life occupying space more than the other, but that there will be lots of shifts. We also focus on aligning our core values with the decisions we make, so that in turn we feel more balanced in all that we do.

**Area of Wellness:** Emotional Health & Wellbeing  
**Duration:** 45-60 minutes

### Strength Based Leadership

Based on the best selling book, Strength Based Leadership. Do you have the opportunity to use your strengths every day? Chances are, you don't. All too often, our natural talents go untapped. Gallup finds that people who use their strengths are three times more likely to report having an excellent quality of life. In this workshop participants will learn how to use their talents everyday so that they can thrive in life and at work.

**Area of Wellness:** Healthy Workplace  
**Duration:** 45-60 minutes

Offered by our verified vendor—Steve Seay Leadership Coaching, Inc. As a Leadership & Life Coach with a Masters in Marriage Family Therapist (MFT), Steve is motivated to help healthcare professionals reach their full potential. This workshop series can all be offered virtually or in person (space arranged by department). We will connect you with the vendor to arrange logistics. Steve Seay will bill LWBW directly upon grant approval.

**Grant Cost:** \$500 **Area of Wellness:** Emotional Health & Wellbeing **Duration:** 60 or 90 minutes each

### A Values-Driven Life:

#### 3 Ways of Unlocking the Source for Optimal Living

Most people are looking for ways to find time for getting everything done on their plate of responsibilities in a busy life while often coming away feeling more anxious, overwhelmed, and unfulfilled. In this workshop we will identify our top 5 highest values and discover how they play a pivotal role when managing time, priorities, and energy. We will also learn new habits that will better align and redirect our daily choices and decisions when operating from a values-driven life. Instead of trying to manage and chase time, let's begin the journey of simplifying our lives, operating within our highest values while experiencing more peace, joy and fulfillment.

**Area of Wellness:** Emotional Health & Wellbeing  
**Duration:** 60 or 90 minutes

### Take Control of Stress:

#### 3 Practices to Boost our Inner Stance

Many people know they are stressed; they understand that too many moving parts, deadlines, and work/life expectations and situations are getting to them, but they don't know how to manage the stress or even where to start. In this workshop we give practical steps on how to take control of your stress by leaning into your inner stance. We will discover that we already have the resourcefulness to manage our stress by accessing our power of choice. Instead of allowing stress to run our lives, let's begin the journey of taking back control of stress.

**Area of Wellness:** Emotional Health & Wellbeing  
**Duration:** 60 or 90 minutes



## > Community Spirit – Team Building Style

### Care Packages for the Troops | Backpack Success | A Day of Thanks

Our verified vendor, Breakroom Fitness organizes, sets-up and facilitates several programs that promote giving packages to those in need. In most cases, Breakroom will make all the necessary purchases and bring onsite to your workplace. The facilitator will talk to your teams about who will be receiving their packages and the impact it will have on them. The items will be laid out in a fun display & teams will work together to create their package and write cards to the receivers. Expenses Billed directly to LWBW.

**Grant Cost:** up to \$750 per event + \$50 per package to be created **Area of Wellness:** Community  
**Duration:** 30 minutes-60 minutes depending on size of group



## Got a Workshop Series?

Offered by our verified vendor—Steve Seay Leadership Coaching, Inc. As a Leadership & Life Coach with a Masters in Marriage Family Therapist (MFT), Steve is motivated to help healthcare professionals reach their full potential. This workshop series can all be offered virtually or in person (space arranged by department). We will connect you with the vendor to arrange logistics. Steve Seay will bill directly to us upon grant approval.

**Grant Cost:** \$1500 for series **Area of Wellness:** Emotional Health & Wellbeing **Duration:** 60 or 90 minutes each

In this 4-part series, we will explore how being “resilient” is an inside – out practice and journey. We will focus on principles of taking ownership of our choices, shifting our mindset and perspective of how we can up level and re-align our intentions and results by learning that we have the power to create the necessary changes in our lives

# “Being “resilient” is an inside-out practice

## #1 of 4 Character Strengths? The Inner Stance of Resilience

In this session we will discover our top three-character strengths and explore the benefits of cultivating and using them as a catalyst for building a resilient professional and personal life. We will see how our top strengths relate and resonate with our greatest hero's and how these hero's that we look up or emulate do really describe us.

## #3 of 4 Boundaries: Creating Elasticity through Work-Life Integration

In this session we will explore the difference between work-life integration and work-life balance. We will review how work-life integration can be aligned with agreements and meeting our human needs (i.e. pouring time and energy into our personal, professional, relational buckets) vs. the teeter totter analogy (i.e. compartmentalizing our lives). We will practice how to create new agreements instead of trying to passively live up to unrealistic expectations. During the training we will also begin to create awareness of our verbal language, establishing an awareness when operating from a serving or pleasing mentality.

## #2 or 4 Essentialism: Managing Priorities & Calendars instead of Time

In this session we will discover the differences between an essentialist and a non-essentialist. We will learn how to begin putting first things first in our lives, drawing up on Stephen Covey's work in 7 Habits of Highly Effective People. There will be teaching on the 4-Quadrants (4-box model) of priority management. In addition, we will practice creating a game plan that includes scheduling these higher priority activities in our calendar instead of relying upon the need for willpower or motivation when taking action.

## #4 or 4 Environment: Enrolling our Power Team

In this session we will learn the importance of healthy relational environment by creating our power team. We will begin the steps of enrolling our power team by inviting at least three people who will be our supportive team when creating accountability in the things that we want to create more of in our lives (i.e. intentions, habits, and goals). We will discover that leaning into our core team is vital to unlocking the power from within and experiencing lasting positive changes in our lives no matter what circumstances or obstacles come in our path.



## > Together we ARE Better! – Department Led Team Building

### KP Adult Day Camp



North Valley LWBW Staff Favorite

A fun healthcare day to PLAY! Fun games like water balloon baseball or toss, with a sprinkle of fitness. Games will be tailored for you, the season, and include some friendly competition. Led by our LWBW trainer & team

**Prerequisite:** at least 20 attendees, space for camp; great opportunity to work with other departments.

**Grant Cost:** \$25/pp plus \$200 supplies      **Area of Wellness:** Healthy Workplace      **Duration:** 3 - 4 hours

### Host a Department Hike & Healthy Snacks

Host a hike with your team at a local trail or picnic area of your choice. This grant will help cover healthy snacks to boost your hiking endurance supplies & materials to hold event (i.e. hiking fees or permits).

**Grant Cost:** up to \$200

**Area of Wellness:** Healthy Workplace

**Duration:** Variable

### KP Nature Therapy – LWBW Led Local Hike

Love the outdoors but not sure where to go? Request a LWBW staff led hike in the nearby Auburn Recreational Area, Sierras or River areas. Upon approval, your LWBW hiking guide will advise you on a meeting location, possible parking fees, and what items to bring on the planning call. (Up to 15 ppl, includes water/snacks)

**Grant Cost:** up to \$200

**Area of Wellness:** Healthy Workplace

**Duration:** Variable

### Host a Preventative Screening Day for Employees

This is an opportunity to connect with a department that can provide employees onsite screenings (i.e. PROMPT checks, cervical cancer screening, colorectal screening). LWBW will provide funding for incentives to staff that provide screenings and for those who attend to receive a screening.

**Grant Cost:** up to \$200

**Area of Wellness:** Healthy Workplace

**Duration:** Variable

### Host an Affirmation Art Station

Provide your staff the materials to make one small affirmation card to keep at their workstation. Set up a table with supplies with small square blank canvases, paint markers to design, other art supplies to bedazzle their masterpiece, and printed out examples of inspiring affirmations to bring positivity into the workplace. You can get creative and customize your affirmation art station. What a great way to brighten your team's day. This grant will cover the supplies needed.

**Grant Cost:** up to \$200

**Area of Wellness:** Healthy Workplace

**Duration:** Variable

### Host a Gratitude Letter making table

Provide your staff the materials to write a gratitude letter for their colleague. Set up a table with supplies to write an anonymous letter to their colleague with what they appreciate about them. They can put the card in a large box and the ambassador will leave the cards on the individuals' desk. What an opportunity to provide a Caring Moment to your colleague! This grant will cover the supplies needed. Feel free to make a creative station!

**Grant Cost:** up to \$200

**Area of Wellness:** Healthy Workplace

**Duration:** Variable



## > Create YOUR own Adventure! - Customize a Wellness Activity

Do you have a good imagination or enjoy researching new ways to inspire health & wellness with your colleagues? Then this option is for you. You will need to demonstrate that your event or activity aligns with one of the six areas of wellness & can positively impact their health (see page 1).

**Prerequisites:** Sorry this can't be for swag, gifts, gift cards, holiday parties, food, alcohol, or tuition/professional development courses; lets bring the gift of health & wellness to one another! Any items purchased would need to reinforce a healthy behavior (i.e. resistance band to continue efforts after a fitness event, etc.). Your department may need to purchase pre-approved items and submit for reimbursement. Please see p.2 of menu for all grant parameters AND email [livewellbewell.nvly@kp.org](mailto:livewellbewell.nvly@kp.org) if you would like to brainstorm ideas or see examples from others.

**Grant Cost:** up to \$800

**Area of Wellness:** Cross-Cutting

**Duration:** Variable

