



## WIN A \$25 GIFT CARD



Nominate a co-worker, spouse, or yourself for the **LIFESTYLE IMPROVEMENT AWARD** and be entered into a drawing to win a \$25 gift card\*.



\*One winner will be chosen each month per division.

**Swanson Group**   
**Wellness Program**

Send nominations to

j-marcoe@  
healthfuture.org

# KNOW SOMEONE

We will share your story on the monthly poster, website, and/or newsletter. However, if you choose not to advertise your story, that is okay too! You can still be entered into the drawing!

# WORKING ON WELLNESS?

**Nominate them for an award!**

## Nominate a co-worker, spouse, or yourself!

Have you or one of your Swanson friends, co-workers, or spouses achieved a health goal, started a new wellness activity, or acted as a positive role model of wellness? If so, please nominate yourself or him/her for the Swanson Lifestyle Improvement Award. Remember that wellness is more than weight loss and dieting; it encompasses many aspects of life, including emotional, physical, mental and spiritual health.

Send nominations to [j-marcoe@healthfuture.org](mailto:j-marcoe@healthfuture.org).