



Med Center Health

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Witness to Wellness Nomination Form

The Witness to Wellness Award is a recognition program designed for coworkers to nominate each other for gaining and maintaining healthy practices. There are several reasons to nominate someone for this award: weight loss, smoking cessation, starting an exercise program, eating healthier, motivating others to be healthy, etc. Nominees are selected monthly and reviewed by Employee Health. The selected winner for that month will be interviewed and presented in the MCHLife electronic newsletter.

I would like to nominate _____ who works in the
_____ department.

Reason for nomination:

Nominated by: _____ Date: _____

Send form to: Sherry Suggs, RN
Employee Health Services
Get Fit Club
GetFitClub@MCHealth.net

If you have questions, feel free to email or call 270-745-1263.