

BECOME A UTRGV WELLNESS CHAMPION

The Wellness Champion network consists of staff and faculty who are passionate about health and well-being, encourage active involvement, and promote awareness of University wellness initiatives.

Wellness Champions partner with the Wellness Coordinator in Human Resources, join meetings, gain information of wellness related initiatives, services, and programs to encourage employee engagement in a fun and collaborative manner.

**Together we positively
promote and celebrate a
culture of wellness!**

Visit the [Wellness Champions](#) webpage for more information.

Complete and submit the [Interest Form](#) by September 20, 2024 to
EmployeeWellness@utrgv.edu.

