

4. 聖瑪利
聖瑪利

聖瑪利

聖瑪利

聖瑪利

聖瑪利

聖瑪利

聖瑪利

聖瑪利

聖瑪利

1. Key Health & Wellness Priorities

The current 2013 priorities include tobacco, nutrition, mental health and alcohol. These priorities will change and advance throughout the calendar year so subject to change annually.

™ Wellness programs and initiatives to directly address the priorities and would likely include the Wellness Coordinator or involve departments.

™ Special projects or models to support the priorities and would likely include the Wellness Coq. As a result, the Wellness Coq

ments.



omotic

2. Health & Wellness Committees

™ Committees – to support (non profit in nature), charities, and clubs, along with their staff and community volunteers that the Wellness Coordinator will invite to support the activity.

3. Health Literacy Program

™ Wellness activities –to address wellness topics, and as such include lunch and learns, dialogues, group meetings, celebrations, or other activities that can also involve other health agencies or provincial health charities.

Wellness and health promotion activities and initiatives come in many different forms, but the main purpose is to encourage, promote and facilitate individuals or populations (students, staff, faculty or community) to take preventive measures to avert the onset or worsening of an illness or disease, and to adopt healthier lifestyles. Hence a wide range of initiatives and activities can be established as good investments to enhance wellness for the Saint Mary's University stakeholders, as well as provide education to the overall community.

Integrated Wellness Suite



connections to many departments, student societies, staff working groups and health organizations that share the Strategy's vision of a healthy campus. For that reason, Saint Mary's University wants to promote partnerships with internal departments, external organizations, and individuals anyone who wants to participate actively in promoting health and wellness across our campus. So it is essential that the Integrated Suite be utilized to support a variety of healthy lifestyle activities and initiatives, to improve access to programs and services, as well as improve awareness to informat

Integrated Wellness Suite



1. Contact Information		Date:
Contact Person:		Department/Organization :
Title:		
Email:		Telephone:
2. Request Details – please provide details		
Health priority:		
New SMU wellness activity, program or initiative:		
Existing SMU activity/ initiative:		
Student placement:		
Student Health & Wellness committee:		
Staff or Faculty working group:		
Special project or model:		
Ad hoc working group:		
Community Healthy Lifestyle program or opportunity:		
Other:		
3. How long do you anticipate the Suite will be used for the requested purpose?		
4. What is the anticipated time line for moving into the requested Suite?		
5. Will there be any additional needs or costs incurred as a result of securing this Suite? If so, where are the funds coming from for this additional cost? (e.g. computer equipment, large storage of items, operating costs, etc.)		

Integrated Wellness Suite



A. Has your department/organization applied to use the space before? Yes No	
B. If so when and for what?	
C. Additional documentation provided? Yes No If so, what is it?	
D. Signed off by:	Applicant's Signature:
	Senior Management Group Member:

For Department Use Only

The request has been reviewed and approved for submission by the Wellness Coordinator and Senior Director of Human Resources.

This request has been given the following priority rating:	Recommendation/Comments
High	Appropriate Purpose/Fit?
Moderate	Discussion or element missing/needed work?
Low	Not recommended? Why?
Received Date:	
Approved Date:	
Reviewed By:	Initials
Follow Up Date and By Whom:	

Suite Needs Assessment Worksheet

a. How does the request fit with the Wellness Strategy/Objectives (Vision & Direction)?
b. What are the benefits (increased awareness/skills/knowledge, support for new component, new program, etc.) to stakeholders?
c. Will the duration/timing of the request work?
d. Will request disrupt any current or existing on going activities in the