

Wellness Pledge



Norfolk Employee Prevention & Wellness

Through the Norfolk Employee Prevention & Wellness Program, you have access to programs and resources designed to help you make improvements to your well-being and to give you the resources to make smart decisions that impact your health and well-being.

You are encouraged to sign the pledge below as a sign of commitment to your personal well-being. By signing this pledge you are committing to become an engaged employee by participating in the various wellness benefits mentioned throughout this booklet.

Take the pledge to actively participate in the Norfolk Employee Prevention & Wellness Program.

I pledge to actively participate in my personal well-being. To make the necessary lifestyle improvements to enhance my quality of health. I pledge to be the sole individual that is responsible for taking control of my health, wealth, and happiness.

Print Name: _____

Signature: _____

Date: _____

Happiness resides not in possessions and not in gold; the feeling of happiness dwells in the soul.

~ Democritus

