



Welcome to Wellness



Mission

Empower employees to live life well by sponsoring activities and programs, and sharing information.

What's Going On

- Classes and activities
- Programs
- “Wellness Wednesday”
- Flu shots
- Blood drives
- Health screenings
- Health and activity fairs

Get Involved

- Sign up for a program
- Attend an all-DAS event
- Sponsor an event
- Make a suggestion
- Volunteer for the Wellness Committee

Executive Message

At the Department of Administrative Services, we place great importance on our employees' wellness. We support an energetic Wellness Committee that guides the use of our resources to promote wellness. We also allow limited use of work time for employees to attend agency activities.

Promoting wellness helps DAS as a whole. Individuals who make healthy choices make the organization itself healthy. Because DAS is a team, we learn from each other's activities and behaviors. Someone's "lesson learned" can influence a co-worker toward positive action.

Wherever you are on your personal journey to wellness, join our efforts to promote a healthy environment at DAS. Help us live our motto, "Life: Live it Well!"

— Executive Staff Team



The DAS Wellness Committee consists of volunteer representatives from each DAS division. The group meets monthly to coordinate the wellness program and activities under a two-year plan.

Membership on the committee is open.

Check with your division's leadership if you want to get involved.

The committee relies on volunteers to help with events.

Contact wellness.chair@state.or.us to help out.



DAS
DEPARTMENT OF
ADMINISTRATIVE
SERVICES

