

Wellness & Health Fair Planning Guide

In planning a health fair or other wellness event, remember rule number one - **PROMOTE, MOTIVATE, PROMOTE**. Adapting a consistent theme for all promotional materials will help promote and build awareness of your worksite wellness or health fair, and more importantly, motivate your audience to attend the event.

Remember that different people respond to different messages, so use as many methods as possible to promote an event. Think about how messages and memos are normally communicated in your organization. If a certain method of communication that works well in your workplace, start there.

Promote the event at least four weeks in advance. Consider using a different method or a variety of methods to communicate the event each week. Keep the messages simple and interesting by adding more information with each message (teasers). This can raise curiosity and anticipation. Don't forget that word of mouth is often the best method of communication. Therefore, you will want each person on your planning team to talk up the event (in hallways, in elevators and at meetings). This also works well on the day of the event. Before participants go back to their workstations, remind them to tell others about the event and encourage them to attend.

Here are some ideas to promote your health fair. Remember to pick a variety of methods to help ensure a large turnout:

- Voicemail message reminders
- Table tents in break rooms and cafeteria
- E-mail messages
- An article in the company newsletter
- Banners
- Announcements at employee meetings
- Paycheck stuffers
- Word of mouth
- Flyers on everyone's desk the morning of the event
- Intranet postings
- Flyers that offer an incentive to participate in the event
- Place posters in highly visible locations such as:
 - On the door of the employee entrance
 - In the copy room
 - On restroom mirrors and the back of stall doors
 - Under the windshield wiper of each employee car in the parking lot
 - In the elevators and/or staircases

Bcbsil Health Fair Planning Guide

Susan B. Gantz

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the author's name.

Bcbsil Health Fair Planning Guide:

Planning a Health Fair Susan B. Gantz, 1981

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