



# 2026 Ambassador Summit

Celebrate Connection and Potential



## Bring WorkWell NYC Programs to Your Worksite



### Launch a Lunch and Learn

- **Gauge interest**; send a quick poll, determine topic (visit [vimeo.com/workwellnyc](https://vimeo.com/workwellnyc) and hit "showcases") and try and get a commitment from at least 20 to attend
- **Schedule** at a convenient time, identify a point person, create a calendar invite **and promote** to staff
- **Facilitate a post video discussion** and encourage staff to participate in WorkWell NYC programming ([on.nyc.gov/upcomingevents](https://on.nyc.gov/upcomingevents))



### Request WorkWell NYC Workshops - refer to handout

- **Request the workshop/fitness class** ([on.nyc.gov/workshops](https://on.nyc.gov/workshops))
  - 1 workshop/fitness class per month
  - Request at least 6 weeks in advance (virtual/hybrid/in-person options)
- **Promote the event**
  - Recruit minimum of 25 employees
- **Return paperwork**
  - Submit attendance when using your agency's video conferencing software



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## Bring WorkWell NYC Programs to Your Worksite cont.



### Request a worksite fitness series

- **Worksite Fitness Classes (WFC) registration periods** are advertised in the Ambassador Newsletter and on the Ambassador website
- **Series are offered 4x per year** Fall, Winter, Spring and Summer
- By hosting worksite fitness classes at your worksite, you are committing to:
  - **Registering** a minimum of 25 employees
  - **Promoting** the class with provided materials
  - **Collecting** attendance weekly
  - **Sending** weekly attendance sheets to WWNYC as specified
  - **Monitoring** attendance to ensure weekly participation, classes are required to maintain a minimum of 15 participants each week to remain open
- **Note: If the minimum # registration is not met before the date of the scheduled class, the series may be canceled.**