You’re a new member of Wellness Network. Now what?

This guide is intended to help our newest members learn more about our healthy campus coalition and decide what level of involvement works best for them. Members’ commitments to Wellness Network range from simply staying updated via our email listserv to participating in a committee that interests them or even serving in a leadership capacity.

Stay Updated

- **Keep an eye on your inbox** for updates from the member email listserv and for our monthly newsletter
- **Follow us on Facebook** for updates, announcements, and posts about campus wellness happenings
- **Visit our website** regularly: wellnessnetwork.utexas.edu

Get Involved

- **Attend our general membership meeting** held once per semester. You can network with other members of the campus community and learn more about what Wellness Network has been up to and what we have planned for the coming semester.
- **Attend our Brown Bag Lunch Speaker Series.** Wellness Network plans and co-hosts a series of lunchtime speaker events related to a variety of campus wellness topics.
- **Suggest committee or work group topics.** Many of our committees are the product of member suggestions.
- **Be a part of a committee or work group.** Pick a committee or committees that interest you. Every committee works differently, so the types of members, skills, and needed time commitment range from group to group. You can choose how you want to be involved.
- **Lead a committee.** Committee leadership is open to any member. Many committees have co-chairs to increase our collaborative efforts and balance responsibility.
- **Encourage others to get involved.** Tell your campus colleagues about Wellness Network and encourage them to learn more about us and join us in our work to make campus a healthier place.