

**25 NCAC 01N .0504 WELLNESS COMMITTEES**

- (a) Each agency shall establish a wellness committee infrastructure. A wellness committee is a team of employees that meet formally and have identified aims, goals, and implementation strategies to encourage healthy behaviors at the workplace, advocate for policy change, and create health-friendly work environments.
- (b) The committee shall be comprised of employees who represent a cross section of the employee population. Multiple committees may be necessary depending on the size and number of locations of the agency.
- (c) Committees shall elect a wellness chair or co-chairs to conduct meetings and lead activities.

*History Note: Authority G.S. 126-4;  
Eff. February 1, 2008;  
Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. October 4, 2016.*