

Grant Funding

The purpose of the wellness grant is to financially support pool groups in getting and staying active within our pool's wellness programs. Earned grants are utilized at the discretion of each group, but are intended for our wellness program purposes. Consider the ways below to use your grant funding. Refer to your legal team with incentive questions.

Tangible Items:

- Support quarterly WellRight challenges (budget planner, gratitude journal, recipe book)
- Additional above and beyond incentives (raffles, PTO, gift cards)
- Memberships (Calm app, local gyms, CSA's)
- Wellness swag (t-shirts, water bottles, bags, lunch bag, towels, stickers)
- Fresh fruit and healthy snacks in breakrooms
- Committee support with monthly/quarterly catered lunch
- Employee appreciation gifts

Onsite Events:

- Massage
- Yoga, meditation, and fitness classes
- Speakers and webinars
- Cooking demos

Staff Outings & Events:

- Sporting events to participate in such as bowling or events to watch like MN Twins
- Craft, paint, hobby classes
- Escape rooms
- Kayak and canoe rentals

Environmental:

- Mother's Room [Breastfeeding Information for Workplaces - MN Dept. of Health \(state.mn.us\)](https://www.state.mn.us/health/breastfeeding/index.html)
- Sit to stand desks
- Treadmill desks on-site
- Fitness Center, Stretching, Zen Den
- Bikes, bike racks, helmets
- Workplace garden
- Outdoor patio/picnic tables
- TV monitors
- Signage (walking routes, fitness center, tobacco-free)

WellRight Portal:

- Group-specific WellRight challenges
- WellRight access for employees not on the pool health plan
- Increased employee incentive amount above \$250