

# MAKE A *CONNECTION.*

## How can you support a co-worker today?

- Say “Hello.”
- Offer to help with a task.
- Hold the door open.
- Take a walk together.
- Recognize their efforts on a recent project.
- Invite a co-worker to lunch or coffee.

***Do you have ideas for employee social activity, networking or volunteer opportunities?***

***CONTACT:***



**Healthy Choices Count!**

[www.iowaHealthiestState.com/5210](http://www.iowaHealthiestState.com/5210)