

***Steps to Healthy Meetings* · Take the Challenge**

Join us in improving the health of Suffolk County residents by following the ***Steps to Healthy Meetings and Events Guidelines***.

If your organization is ready to provide a healthier environment for your participants, employees and partners, please choose an action step below.

To recognize your commitment to a healthier Suffolk County you will receive a **Healthy Partner Certificate** at the end of the program series.

Please ✓ check the action steps you will take.

Then sign the agreement to try at least one step.

Yes! My organization will follow the healthy meetings and events guidelines by:

- _____ serving at least 2 healthy options at meetings and events
(such as fruit, vegetables, whole grain and low fat dairy)
- _____ serving water at meetings and events as the beverage of choice
- _____ encouraging participants to stretch and do some brief physical activity at some point during meetings and events
- _____ telling participants and employees about the new
Healthy Meeting and Event Guidelines

Contact person: _____ Date: _____

Contact person signature _____

Organization Name _____

Thank you