

March Champion Roadmap



 **healthy**
AT HOPKINS

The Q2 Champion Connect is scheduled for April 1 from 10-10:30 and April 3 from 4-4:30. Look out for your Save the Dates!

Champ Checklist

- ✓ Race the Globe is back in 2024! This year's spring challenge will run from May 6 to May 31. Registration opens in April; **encourage colleagues to [register for the Healthy at Hopkins portal](#) to engage with the challenge.**
- ✓ **Submit your Q1 2024 agenda items via the Healthy at Hopkins portal.** Once in the portal, navigate to Card Priorities > Champion Section > Agenda Submission. Activities completed from January to March 2024 can be submitted.
- ✓ **Utilize the Healthy at Hopkins portal to connect with your teams.**
 - ✓ Post in the Johns Hopkins social feed! Click on "Johns Hopkins Feed" on the left hand side navigation to start connecting with your colleagues.
 - ✓ Missions are individual programs, but teams can coordinate with one another to complete them at the same time. Click on "Missions" on the left hand side navigation to begin.

Champion Idea Hub

- **Champions have started to schedule their teams' [Live & Work Mindfully workshop](#)!** This 4-week series will help you practice mindfulness and destress!

Resources

- Onsite Coordinators are available to provide support to you and your teams. [Click here](#) to see when a **Coordinator is coming to your affiliate!**
- Wellness Weekly Newsletters highlight Hopkins leadership, Healthy at Hopkins Champions, and interesting well-being topics. [Click here](#) to view the most recent **Wellness Weekly Newsletter**.
- **Virtual Nightshift is scheduled for March 26.** Visit the Healthy at Hopkins Portal for more details.

