Questions?

Please Call:
Kelly Rumpf
Executive Director
Wellness Council of the U.P.
C/o Dickinson-Iron District Health Department
818 Pyle Drive
Kingsford, MI 49802
(906) 779-7234
rumpf@hline.org
www.fitUP.org

Wellness Council of the Upper Peninsula
Application for Membership
“Promoting wellness in the workplace”

Affiliated with:
Michigan Fitness Foundation
WELCUP is a non-profit organization committed to devoting resources to the promotion of wellness in Upper Peninsula and Northeastern Wisconsin worksites. Your company is invited to join in our efforts.

WELCUP once served as a Michigan Regional Fitness Council. WELCUP teaches Upper Peninsula residents about the health benefits of exercise and encourages active involvement in fitness programs.

How to Join

Fill out the application in this brochure and mail it along with a check payable to:

WELCUP  
c/o Kelly Rumpf, Exec. Dir.  
Dickinson-Iron District Health Dept.  
818 Pyle Drive  
Kingsford, MI 49802

Membership Benefits:

As members of WELCUP, you will receive:

Information
• WELCUP Newsletter (bi-monthly)  
• Top Health Newsletter  
• Well Workplace Newsletter  
• Hope Newsletter  
• Additional health literature  
• WELCUP website (co-sponsor): http://www.fitUP.org

Education
• “Get Moving U.P.” Program  
• Eat 5 Program  
• Pedometer Fitness Program  
• Discount on Health Promotion Workshops  
• Employee Wellness Program  
• Wellness Lending Library

Technical Assistance
• Networking with other health professionals  
• Employee wellness programs from other members  
• Vendor discounts

Yearly dues:
Individual - $25 (one delegate)  
Employers with 2-100 employees $50 (2 delegates)  
More than 100 employees $100 (up to 3 delegates)

Application for Membership

Company Name:________________________   
Address:________________________________   
Phone No:_____________________________   
Fax No: ___________________________   
E-Mail Address:__________________________   
Number of Employees:_____________   
WELCUP Delegates
Delegate #1:_________________________   
Delegate #2:_________________________   
Delegate #3:_________________________   
Fee Enclosed $_____________   
Return with check payable to WELCUP