

## Questions?



## Please Call:

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Executive Director  
Wellness Council of the U.P.  
C/o Dickinson-Iron District  
Health Department  
818 Pyle Drive  
Kingsford, MI 49802  
(906) 779-7234  
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**WELCUP**  
Wellness Council of  
the Upper Peninsula  
818 Pyle Drive  
Kingsford, MI 49802



**Wellness Council of the  
Upper Peninsula**

***Application for  
Membership***

*"Promoting wellness  
in the workplace"*

*Affiliated with:*



Michigan Fitness Foundation

# WELCUP

Wellness Council of the Upper Peninsula

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

### Yearly dues:

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



## 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

## 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**