

Model Practices for Public Health Laboratory Celebrations

Celebration events, such as Public Health Laboratory Appreciation Month held each September, and Lab Week held each April, provide an opportunity to engage and recognize the laboratory community for their contributions and support of public health programs. These events foster a culture of appreciation through fun and engaging social events, including wellness and laboratory activities, games, and food and beverages.

Public health laboratories can use this guide to develop and implement celebration events and establish model practices. With leadership support, laboratories can utilize a variety of staff-led committees and workgroups to develop and lead events and fundraisers to support laboratory-wide celebrations. This includes the formation of an event, social or fun committee with input from a wellness or human resources committee, or a laboratory staff council. Common fundraisers can help defray the costs of celebration events and include raffles; craft, bake and plant sales; and donations and contributions.

Be Aware of Policy or Funding Restrictions

Before implementing any of the recommended activities, please consult your organization's policies and guidelines to ensure that any events under consideration are permissible.

Celebrations in Action

Members of the Association of Public Health Laboratories (APHL) can visit the APHL Member Resource Center at www.aphl.org/MRC to see examples of celebration event documents, including flyers and agendas, used within the community. To search the MRC for specific examples, use the Search box and type the word: celebration

Please note that the MRC library is restricted to APHL Members, and you must be signed in to the website to access the resources.

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Celebration Event Themes

Establishing a theme for activities is common for celebration events. Some examples include aligning with the theme with other laboratory association-recognized events, such as the American Society of Clinical Pathology’s (ASCP) Lab Week.

Example Themes

- Dress-up Day
- Group Costumes
- Pajama Day
- Super Heroes & Characters
- Sports Teams
- Olympics

AI: A Party Planning Helper

Artificial intelligence (AI) can be used by event planners as an celebration idea generator. This flyer was generated using ChatGPT with the prompt of “Suggest some activities for laboratories to perform that are similar to Olympic sports.” When AI returns that list of activities, planners can then share these suggestions with their committee or group. Keep in mind that AI is a tool in the celebration planning process, and all of its work should be reviewed by humans.



Celebration Event Activities

Activity	Examples
Wellness Events	<ul style="list-style-type: none"> • Yoga and meditation sessions • Chair massages • Wellness walks; Bike rides
Games and Movies	<ul style="list-style-type: none"> • Trivia contest • Scavenger hunt • Board games, Uno, Bingo • Electronic Wordle, crosswords • Field Day and lawn games (i.e., corn hole, volleyball) • Game packets • Game shows (i.e., Jeopardy, Family Feud) • Chalk art • Intercom or Zoom Bingo (i.e., Get to know your co-workers) • Contests, prizes and drawings (i.e., Guess Who (baby edition)) • Movie showings • Photo booth • Lab coat fashion show • Door and hallway decorating
Laboratory-focused Events	<ul style="list-style-type: none"> • Networking gatherings • Laboratory tours (i.e., “Stamp Your Passport”) • Lab group picture • Town Hall • Motivational speaker • Daily eblasts or newsletter features • Kudos board • Posts highlighting staff or departments • Posters
Food and Beverages	<ul style="list-style-type: none"> • Coffee, donuts, bagels • Breakfast hosted by leadership • Popcorn, candy, cookies • Boxed lunches provided • Potlucks • Food trucks • Soda bar and Ice cream bar/ice cream social, Sno Cones • Buffet/food bars (i.e., pizza, hot dogs, tacos)