**October 19 - October 25, 2009**



**Week Three - Feeling Great at Play!**

This week we encourage you to focus on having fun! Participate in a group at your organization, or take part in individual activities on your own or with some colleagues. All activities focus on the three concepts of Healthy Mind; Healthy Body; and Healthy Work.

We encourage you to try implementing some of these things into your week with your colleagues, friends and/or family.

1. Get your co-workers together and do a department stretch at break time or during a long meeting.
2. Get a card game going in the staff room during your lunch break.
3. Challenge other departments, offices or cubicles in your area to a “decorate your office space challenge”.
4. Get a group walk started at your workplace! It’s always more fun walking with someone.
5. Why not set up some board games? These are great mind relaxers as well they are fun with a group of people.

