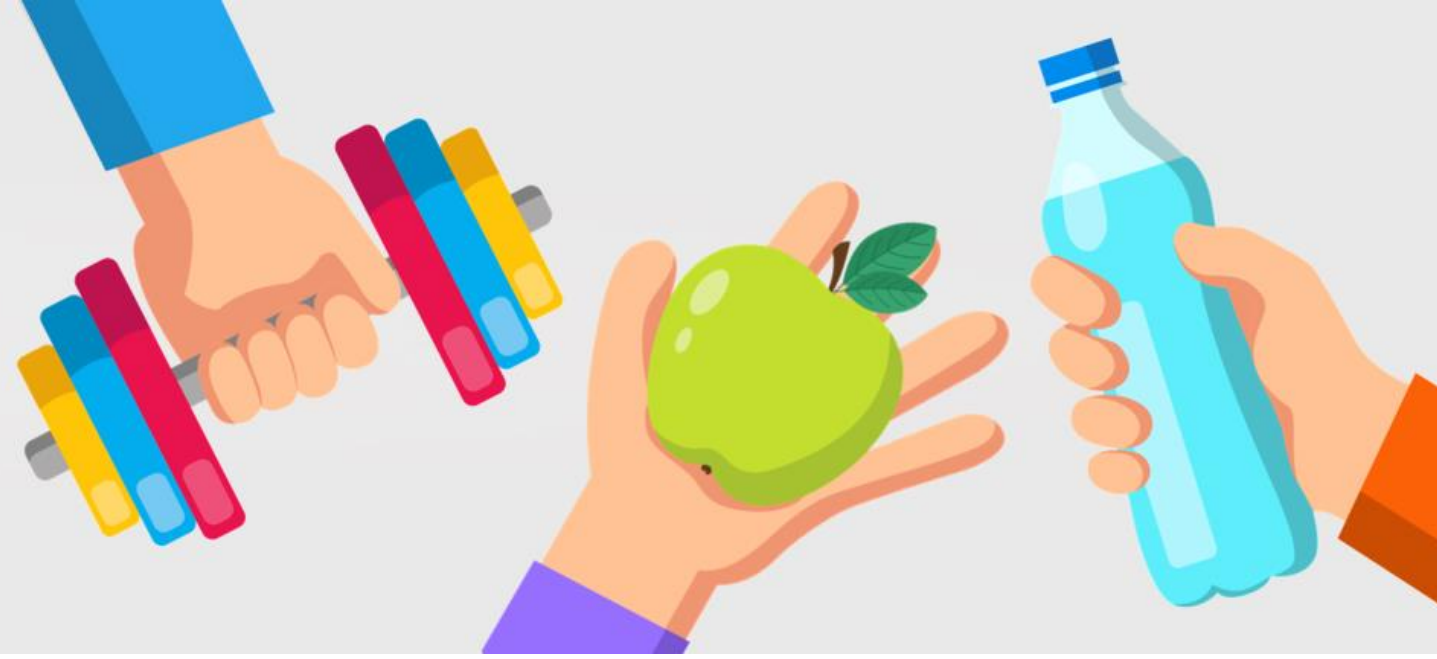


Workplace Wellness

Focusing on You



Over the next several months, **Focusing on You** will involve sharing a variety of health and wellness resources, materials and initiatives for you and your family. There is something for everyone!

AWARENESS PROGRAMS

Prevention, promotion and awareness are important in any wellness program! This Workplace Wellness Program will focus on Mental Wellness through our Mental Wellness e-Campaign, will give you access to a full Resource Centre on Self-Care, It's In You to MOVE, Keep Calm and Eat On, and invite you to participate in a LIVE Webinar. Be sure to check out the monthly digital wellness newsletter that includes a really great recipe, Ask the Doctor section, and an Individual Wellness Challenge.

A multi-faceted approach to employee wellness

FAMILY WELLNESS

Get the family in on it! You and your family members will be invited to watch our Mindfulness and Self-Compassion Family Wellness Webinar. Listen to a fantastic speaker, Mindful Mike, as he shares some really great tips on being more mindful and less mind-filled.

MEMBER PORTAL & PERSONAL WELLNESS ASSESSMENT

Having everything in one place is helpful. Be sure to activate your Member Portal to ensure you have access to several wellness program features including the Personal Wellness Assessment (PWA). The Member Portal is mobile-friendly and user-friendly. Instructions will be sent via our e-communications.

HOW WELLNESS WORKS

"Thank you for including my family members. I was told about the webinar and asked my college-aged daughter to attend. It was helpful!" – Cathy P.

"The Wellness program has come at a crucial time in my life. The consultant has helped me to focus on my goals which are weight loss and stress relief. I truly look forward to my personal appointments, as I receive helpful guidance and support in a comfortable atmosphere. It is wonderful to know that the agency I work for cares enough about me to offer a program that will help me and my colleagues in their personal lives and consequently affect our overall happiness. Thank you!" – Bill W.



"Very positive approach - through the exercises provided to me I have noticed a difference in core strength." – Suzanne F.

"I realized that my response to stress can determine its impact on my body." – John B.

"I would like to thank you for coming into my life... When I started participating in the wellness program, I found out a whole other world of health was waiting for me... I feel fantastic, better than I have ever felt before." – Janice S.

There is something offered for everyone. Don't miss out on this marvelous opportunity. Your organization cares for you and your health – so do we!

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