



**Shine**

SUPPORTING HEALTH IN EVERYONE  
AN HHS PROGRAM



**Hamilton  
Health  
Sciences**

**Spring 2014**

## **HHS Employee Wellness Centre - Frequently Asked Questions**

*March 2014 – All HHS SHINE EMPLOYEE WELLNESS CENTRES open!*

**Shine Wellness Program Mission:** To promote a healthy workplace culture that will help our people achieve optimal well-being, enhance their quality of life and better serve patients.

### **Who can use the Centres?**

The Wellness Centre is open to staff, physicians, and volunteers. McMaster employees working at any HHS site are also eligible to use the facilities and participate in the programs.

### **Where are the Wellness Centres located?**

- **JHCC:** From JH main lobby: Take 90 wing elevators (or stairs) to level 0. Follow the blue line painted on wall and head west to section M. Take M elevators to level M1 and take the corridor that heads south to room M1-15.
- **HGH:** 4 North, Room 403. Take elevators (or stairs) to level 4.
- **MUMC:** Take red elevator (or stairs) to level 1. Walk past the cafeteria, bookstore and Beauty Salon and turn right. Continue down the corridor. The Wellness Centre (IJ3) is the last door on the left.
- **Chedoke:** Wilcox Building, Level 1, across from elevators
- **SPH:** TBD

### **Is there a cost to use the Wellness Centres?**

There will not be a cost to use the Wellness Centre, but there will be a fee to register for various classes, sessions and/or programs that are offered. Please check [www.shinehhs.ca](http://www.shinehhs.ca) for specific fees that may apply.

### **How do I gain access to the Wellness Centres?**

First, you must complete a Waiver, Physical Activity Readiness Questionnaire and view a short orientation video on the Shine website. The orientation video will include demonstration and information on how to use the equipment and understand the rules and etiquette participants must follow in order to use the space. Once you have completed the forms and orientation, you will be granted 24/7 access through your identification badge within 3 business days. You can obtain the forms and view the orientation video online at <http://www.shinehhs.ca/get-healthy/get-access/>.

### **What is offered in the Wellness Centres?**

HHS has created dedicated space at each HHS site to promote and facilitate a healthy workplace for staff, physicians and volunteers that will support health and well-being. The Wellness Centre(s) may contain:

- Universal Gym (JHCC only)
- Cardio Workout Equipment (HGH, JHCC, and MUMC only)
- Spin Bikes (MUMC only)
- Free Weights and bench (HGH, JHCC, MUMC, and SPH)
- Relaxation area (Massage chair): all sites
- Wellness Seminars and Classes
- Mindfulness Meditation sessions
- Fitness Classes - based on interest and may include: Pilates, Zumba, Yoga, Tabata (high intensity interval training) – \$ fees apply

### **Can I just 'drop in' to use the Wellness Centres to use the equipment?**

Absolutely. Schedule of availability and sessions will be posted outside the door to Wellness Centre and on [www.shinehhs.ca](http://www.shinehhs.ca). When a scheduled session is in progress, utilization of the Wellness Centre cannot take place. Please do not enter if a session is in progress unless you are an attendee.

### **Are there locker rooms and showers?**

There are washrooms nearby and coat hooks are mounted inside the centres. Showers are available in the hospital, but must be used at own discretion.

This is just the beginning! Plan to participate and share your ideas on how we can continue to support a **Healthy Workplace** at HHS! Check out our new website at [www.shinehhs.ca](http://www.shinehhs.ca). If you have further inquiries, please contact Jessica at [galopoulos@hsc.ca](mailto:galopoulos@hsc.ca)