



**October is
Healthy Workplace
Month**

Be safe, be healthy, be well!

This October, Health, Safety and Wellness is supporting activities to promote safe work practices, healthy lifestyle choices and physical + mental well-being.

Participate for a chance to win great prizes and promote a healthier, more resilient, engaged, and productive you!

Take part in the following activities!

Click on the activities below for more information.

Physical Health and Safety	Mental Health	Healthy Lifestyles
<p><i>Be Safe at Work</i> Safe work practice rewards</p>	<p><i>The Working Mind Launch</i> Coming to your site soon!</p>	<p><i>Shine 30-day Wellness and Safety Challenge</i></p>
<p>Healthy Workplace Crossword</p>	<p>Managing Anxiety Lunch and Learns</p>	<p>Massage Clinics FREE Fitness Classes</p>

For more information on Healthy Workplace Month

Visit <http://www.shinehhs.ca>, connect by phone at extensions 77099, 74854 or 74797, or email at shinewellness@hhsc.ca or ergonomics@hhsc.ca.

