

The Health Unit is Celebrating Canada's Healthy Workplace Month

October is Canada's Healthy Workplace Month. The Leeds, Grenville & Lanark District Health Unit wants to support local organizations in their efforts to develop workplace wellness initiatives.

A workplace that promotes employee health and wellness can have a big impact on employers and employees alike. According to Health Canada (2009), a healthy workplace reduces employee stress, improves work-life balance and increases job satisfaction. **In addition, a workplace wellness program can benefit employers by lowering absence and injury rates, and increasing productivity.**

Canada's Healthy Workplace Month has promoted healthy workplaces since its inception in 2001, and has grown from a week-long event to a monthly celebration. The theme for this year's campaign is "**Healthy Mind, Healthy Body, Healthy Work...simple goals for everyone!**" Workplaces can visit the event website www.healthyworkplace.ca, where they will find information, resources, marketing material and best practices.

This year, an exciting opportunity exists for organizations across Canada to share ideas and highlight excellent wellness programs. Workplaces that already have successful workplace wellness initiatives in place can submit stories and photos to the Healthy Workplace Month website.

To support local organizations who are interested in developing a workplace wellness program, the Health Unit has resources and toolkits available. **The Health Unit also wants to hear about what local organizations are doing, and will feature some local success stories in their newsletter and on their website.**

To obtain more information about Workplace Health or to get copies of resources/toolkits, contact a Workplace Public Health Nurse at 1-800-660-5853 or 613-345-5685 or email to workplace@healthunit.org. You can also get more information at www.healthunit.org/workplace.

Canada's Healthy Workplace Month is managed by Excellence Canada (formerly National Quality Institute) in collaboration with the Canadian Centre for Occupational Health & Safety.

-30-

Contact:
Susan Healey, Communications Co-ordinator
613-345-5685, 1-800-660-5853 or 613-802-0550