# Penticton Workplace Wellness Network Newsletter

## Healthy Workplace Month 2008 - Week 1

GetActive! Penticton

**Healthy Workplace Month**
**September 29 – October 26**
**Get your organization involved! This year's theme is:**

Take the Healthy Workplace Challenge

**Put your workplace to the test each week!**

**Week 1 – Sep. 29 – Oct. 5**
**FIT @ Work Challenge**
Size up your organization's fitness, health, and well-being opportunities, using the Fit @ Work Checklist by visiting
**www.healthyworkplacemonth.ca/week1**

How well is your business or organization doing in promoting a healthy workplace environment?

Poor working environments and employment conditions can have a negative impact on health. It has been proven that people who have more control over their work environment and fewer job stress-related demands tend to be healthier. Thus safe, healthy and supportive working conditions and environments are being recognized as important elements that contribute to the optimal health and well being of Canadians. See how well your business or organization is doing by taking the Week 1 challenge.

### Benefits of a Healthy Staff

- Higher productivity
- Improved employee moral
- Lower absenteeism
- Less staff turnover
- Fewer accidents
- Lower health-care costs
- More receptive working climate

## Healthy Happenings in Penticton!

**Penticton Steps Out Workplace Wellness Program**
Customize your own Steps Out Program. For info contact Edis Computers @ ***250-490-4045***

**City Centre Fitness**
During HWM City Centre is offering a workplace talk and on location classes along with complementary passes and personal training sessions. For info contact Kirby Layng @ ***250-487-1481***

**Diabetes Myths & Misconceptions**
Community Centre Cleland Theatre
**Oct. 1 7PM-8:30PM**
Are you in control of your life? Get up to date info on current health research to help prevent Type 2 diabetes. For info contact the Community Centre @ ***250-490-2426***

**Alive @ 55+**
Cherry Lane Shopping Centre
**Centre Court Oct. 2 10AM-6PM**
There will be live activity demonstrations on the half hour including tai chi, pilates, ballroom and line dancing. Come down and find out what activity suits you! If you are 55+ you can pick up a free pedometer.

**Griefwalking:**
**The Soul of the Well Lived Life**
Community Centre Cleland Theatre
**Oct. 2 6:30PM-9:00PM**
A screening of the new NFB documentary "Griefwalker" followed by a presentation with Stephen Jenkinson. For info contact the Community Centre @ ***250-490-2426***

**McIntyre Bluff Hike**
**Oct 4 9AM-4PM**
Hike in from Covert Farms through sage brush meadows past Rattle Snake Lake and on to the magnificent bluff that is steeped in native history For info contact the Community Centre @ ***250-490-2426***

**Has your business or organization joined the Penticton Workplace Wellness Network? Simply email workplacewellness@getactivepenticton.com and you'll receive weekly bulletins during HWM and regular newsletters throughout the year with information to support enhancing or starting a Workplace Wellness plan in your place of work.**

ACTIVE COMMUNITIES
everyone. active. every day.™

**20% more active by 2010**
**www.getactivepenticton.com**