

Penticton Workplace Wellness Network Newsletter April 2009



Move for Health Day Sunday May 10

Schedules outlining FREE activities will be available April 24 at the Community Centre or at www.getactivepenticton.com

Penticton Bike to Work Week May 11-15

The Regional District Okanagan-Similkameen and the Penticton and Area Cycling Association are sponsoring the first annual **Penticton Bike to Work Week** May 11-15, 2009! All workplaces in Penticton are invited to participate in this FREE community event. Bike to Work Week is a non-profit event that encourages commuter cycling as a way to increase cycling visibility, promote environmental initiatives and foster a sense of community by celebrating riders with free events throughout the week.

The week starts off with a free pancake breakfast at Gyro Park for all participating workplaces on Monday May 11th. Throughout the week there will be a "Celebration Station" set up at various locations across the city offering free snacks and beverages to cyclists. At the end of the week there will be a free BBQ at the Barking Parrot for all participants. There will also be great prizes to be won at all of these events, including bikes!

Offices will have a Team Leader sign up their team and provide support for employees. **Register your office** on the Penticton Bike to Work website www.biketowork.ca/penticton starting April 7th. The website also has details about all the events and Team Leader packages with more information.

Volunteer and Sponsorship Meeting April 8, 7pm

There will be a meeting for all interested volunteers, sponsors and offices at the Regional District office (101 Martin Street).

For more information contact:
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Bike to Work Penticton Director
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250-490-6933

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Bike to Work Penticton Coordinator
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What's Happening in Penticton!

Eat Local Challenge 2009

Challenge your workplace to eat locally this year and commit to a box of local fruits and veggies from Okanagan farmers, delivered at wholesale prices! Call Localmotive at 250 493 1177 for further information.

Embracing the 100 Mile Diet

Cleland Community Centre

April 14 6:30PM-8:00PM

Now that you have heard about the 100 mile diet, get information on how to start your own garden, what and when to plant, where to access fresh produce and alternative eating ideas and the many ways to enjoy the fruits of your labour. Join our guest panel for an interactive discussion as they steer you on the road to a healthier life.

Call the Community Centre at 250 490 2426 for further info.

Stress Management & Relaxation

Cleland Community Centre

April 15 6:30PM-8:00PM

Understand more about how we manage our response to stressors. Includes education and practice in relaxation techniques.

Call the Community Centre at 250 490 2426 for further info.

Seven Humour Habits for Wellness

Cleland Community Centre

April 20 6:30PM-8:00PM

A fun and high-energy presentation that spoofs personal growth and gives you easy to apply concepts to improve your day to day life. Laugh and enjoy an eclectic mix of comedy, song and experiential activities. This is ideal for people who routinely provide services to others, are overworked or have been going through a stressful or busy period and want to set new best life goals.

Call the Community Centre at 250 490 2426 for further info.

Nutrition Tour of Save on Foods

Save on Foods

April 29 6:30PM-8:00PM

With the help of a registered dietician learn how to read labels and choose healthy food.

Call the Community Centre at 250 490 2426 for further info.

20% more active by 2010
www.getactivepenticton.com