

Penticton Workplace Wellness Network Fall 2009 - Newsletter



Healthy Workplace Month October 5-November 1, 2009

This year Healthy Workplace Month will focus on *taking action* to improve the health of our minds, bodies, and workplaces.

The four weekly themes celebrate feeling **Great!** about life – **at work, with family & friends, at play and giving back to communities.**

Each week, you are invited to initiate an activity – or two, or more – that will improve the health of your mind, body and workplace. To get started, check out www.healthyworkplacemonth.ca for weekly themes, information and resources!

Canada's Healthy Workplace Mini-Assessment

How does your business or organization measure up to the Canadian Healthy Workplace Criteria? A mini-assessment has been developed using the Canadian Healthy Workplace Criteria. This mini-assessment will help organizations and businesses set goals and manage their organizational health. Go to http://www.healthyworkplacemonth.ca/week4/mini_assessment to find out how your place of business rates as a healthy workplace!

The Penticton Workplace Wellness
Newsletter will now be published
quarterly.

What's Happening in Penticton!

The Path to Phenomenal Health Sam Graci

Cleland Community Centre
Sep 11 6:30PM-8:00PM
Sam Graci is an internationally renowned lecturer, consultant, researcher and formulator in the field of optimal human health and nutrition. He has travelled extensively throughout the world interviewing researchers, reviewing studies and collecting information about medicinal plants and food sources as well as organic growing techniques. He is the author of four top seller books. Sam's dedication to health and enthusiasm for life makes this a lecture you won't want to miss. For info contact the Community Centre at 250 490 2426.

Guide to Living a Long & Healthy Life Dr. Art Hister

Cleland Community Centre
Sep 30 6:30PM-8:00PM
Dr. Hister, a daily analyst on Global TV as well as author of two best sellers, uses humour to discuss and debate the evidence that healthy lifestyle adjustments improve all measures of health. Hister will address issues around lowering the risk of premature death, developing life limiting chronic illness and perhaps even reversing our inevitable aging. Presented by S.O.S. Medical Foundation and the P.R.H. Cardiology Dept. For info contact the Community Centre at 250 490 2426.

Eating Well for Healthy Blood Pressure and More

IHA Wellness Centre @ SOEC
Oct 7 6:30PM-7:30PM
Feel Better and eat smarter with life changing tips on healthy eating. For info contact the Community Centre at 250 490 2426.