

Penticton Workplace Wellness Network Newsletter January 2010



Workplace Wellness on a Budget!

No matter the company size or budget, one can develop a wellness program. First things first, decide who will champion this effort. It will be important that communication is centralized and consistent throughout. A "Wellness Champion" can be someone who has functioned in human resources or who is well-respected by the staff. The second step is to determine how information will be communicated (i.e. company website, newsletter, etc.) and the amount of time allotted to the program.

Here are a few suggestions to help you jump-start your own wellness plan on a budget:

- Host a healthy staff luncheon – introduce the plan, the "Wellness Champion" and newly created "wellness" newsletter.
- Ask staff to get involved by writing wellness and fitness articles and submitting their own favorite heart- friendly meals.
- Share information about low cost/no cost community or neighborhood sponsored activities, walking, biking, health screening on a "Wellness Board" the staff room.
- Team up with a local fitness instructor to reduce fitness class enrollment fees for your employees.
- Provide employees with pedometers and have a contest for the most steps in one month – celebrate all successes!

With minimal time and investment, it's easy to promote a healthier workplace! Start today!

Register your team for the Sun Run 2010 Training Clinic Feb 6 – May 9th

Designed for walkers, Nordic Walkers, those who want to learn how to run as well as avid runners, this 13 week program will prepare your for the Vancouver Sun Run on May 9th in Vancouver. Register at the Community Centre today or call 250 490 2426 for more info.

Penticton Steps Out Workplace Wellness Program

Customize your own Steps Out Pedometer Program. For info contact Edis Computers at 250 490 4045.

Penticton's ACCESS Guide

Visit the Community Centre to pick up FREE copies of Penticton's ACCESS Guide to low cost and no cost recreation activities offered throughout the community.

What's Happening in Penticton!

Goal Setting 2010 - Making a Difference

Cleland Community Centre

Jan 21 6:30PM-8:00PM

Most New Years resolutions fade in the first three weeks. Let us help you keep those goals or set new ones while encouraging you to "make a difference" in 2010. Come to an evening with a group of special individuals who have made a difference in the lives of others. Each presentation takes you on an inspiring journey while sharing goal setting and life changing experiences. For info contact the Community Centre at 250 490 2426.

Eating Well for Healthy Blood Pressure and More

Community Centre Mtg Rm #2

Jan 13 6:30PM-7:30PM

Feel better & eat smarter with life-changing tips on healthy eating presented by a registered dietician. For info contact the Community Centre at 250 490 2426.

Preventing Diabetes – Myths and Misconceptions

Community Centre Mtg Rm #2

Jan 20 6:30PM-8:00PM

Designed to prevent people from developing Type 2 diabetes or help those who have been living with diabetes, learn current information and stay up to date to help you feel better and experience fewer complications. For info contact the Community Centre at 250 490 2426

Stress Management and Relaxation

Community Centre Mtg Rm #2

Jan 27 6:30PM-8:00PM

Understand more about how we respond to stress and ways to manage our response to stressors. Education and practice in relaxation techniques. For info contact the Community Centre at 250 490 2426

Limitless Vision

Donovan Tildesley

Cleland Community Centre

Jan 29 7:00PM-8:00PM

Donovan is a world class record holder in swimming and an accomplished double-black diamond skier. For this 24 year old, being blind has not deterred him from turning his childhood dream into an adult reality. For info contact the Community Centre at 250 490 2426.



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