

Penticton Workplace Wellness Network Newsletter May 2009



Between Move for Health Day, Bike to Work Week and the Eat Local Challenge, the month of May offers up many opportunities to organize and promote healthy lifestyle activities in the workplace.

The City of Penticton and *GetActive! Penticton* asks the entire community to “*get movin’!*” on May 10th, International Move For Health Day as it challenges other communities in the province.

During the week leading up to and including May 10th, we ask that everyone log in their activity online at www.getactivepenticton.com or by phoning the MFHD hotline at 250-490-2392. Participants will be entered in to a draw to win some neat prizes.

FREE activities for people of all ages will be offered on Sunday, May 10th throughout the community. It's a great opportunity to try something new like pickle ball, join a game of volleyball or try belly dancing or ballroom dancing at the Community Centre.

Thanks to the generosity of our fitness and wellness friends, a variety of free classes will be offered by Quantum Fitness, Re: flexions and Get Bent studios throughout the day. City Centre Fitness and the Penticton Community Centre are providing free drop-in to their fitness centres all day and all public swimming sessions at the Penticton Pool are free. Check out www.getactivepenticton.com for a complete listing of FREE activities on May 10th.

In the workplace, coworkers can head out on a walking lunch the week of May 4th or organize an after work softball game. Don't forget to report your activities either on line at www.getactivepenticton.com or on the MFHD hotline at 250-490-2392.

Penticton Bike to Work Week May 11-15

The RDOS 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.

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!

For more information contact:
Kate Bergen, Bike to Work Penticton Director
kbergen@rdos.bc.ca
250-490-6933

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.

Baggage is Recyclable With Kevin Brooks

Cleland Community Centre
May 21 6:30PM-8:00PM
Free for PSO \$5 advance \$10 at the door

Kevin's story highlights the potential for life change when we make poor choices. His moving presentation tells the story of the decision that changed his life, his dreams and his future forever. From his wheelchair, Kevin will share his story – an emotional rollercoaster that will make you laugh, cry and ultimately think about your own empowering life choices.

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

SUCCESS STORY CORNER

Share your workplace wellness success story with the Penticton Workplace Wellness Network. If your workplace has recently initiated a wellness program that has inspired employees to make healthy lifestyle changes, we would love to hear from you. Send your story to: workplacewellness@getactivepenticton.com

