

## City of Windsor Workplace Wellness Program

*To help improve the overall health and well-being of our employees, retirees, and their family members.*

The City of Windsor's Workplace Wellness website has been designed to help provide health and wellness resources to City of Windsor employees, retirees, and their family members. On the website you can find the following information:

- **About Us** – learn about the City of Windsor Wellness Program and its committees
- **Wellness Links and Bike Friendly Resources** – includes information on available resources
- **Contact Us**

### CALENDAR OF EVENTS:

**MARCH**

#### Healthy Eating at Work

For the month of March, the Workplace Wellness Committee encourages you to take steps to improve your nutrition. Find nutrition links and details on healthier eating options.



**MAY**

#### Mental Health Month

The Workplace Wellness program along with Corporate Staff Development offer workshops/presentations focusing on a variety of mental health topics for employees during the month of May.



**JUNE**

#### Bike Month

Bill 13 Ontario Bike Month act declares June as Bike Month in the Province of Ontario. The Windsor Workplace Wellness program recognizes the entire month of June by encouraging the use of bicycles as a means of transportation and promoting employees to be active outdoors.



**SEPTEMBER**

#### The Ultimate Challenge

Employees are encouraged to motivate themselves to make healthy lifestyle choices. Employees can sign up individually or if interested in a little inter-departmental competition, employees can form a team (employees can send an email to [wellness@citywindsor.ca](mailto:wellness@citywindsor.ca) if interested).



**NOVEMBER**

#### Health Screening Event

Why Participate in the Health Screening Event? The event promotes positive change and it will help YOU receive important health information to lead a healthier lifestyle. (Note: Any retirees wishing to attend please bring a piece of identification).



*Do you want to keep informed with Wellness initiatives? Send an email to [wellness@citywindsor.ca](mailto:wellness@citywindsor.ca) and you will be added to an email distribution list to receive regular updates on various wellness initiatives that you can be a part of.*