

## City of Windsor Wellness Program

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

For anyone who is looking to make a positive lifestyle change, check out the City of Windsor's Wellness website at [www.citywellness.ca](http://www.citywellness.ca). This site 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, its committees and the location of Wellness Hubs containing various health and wellness pamphlets.
- **Wellness Highlights** - a summary of past initiatives including details about the annual Health Screening Event, Mental Health Forum and Ultimate Challenge.
- **Healthy Living** – includes information on wellness topics such as sleep, nutrition, diabetes, cancer and dental hygiene. Past issues of the Wellness Newsletter are located in this section.
- **Wellness Links** – tools on various wellness topics such as nutrition links, heart and stroke and safety prevention resources.
- **Community Wellness** – links to various wellness initiatives going on in the community
- **Bike Friendly Resources** – information about biking in Windsor
- **Contact Us** – the City of Windsor Wellness Committees are always looking for nominations for wellness role models, wellness sharing activities and feedback on ways to improve the program.

### CALENDAR OF EVENTS:

#### MARCH

##### [Healthy Eating at Work](#)

For the month of March, the Wellness Committees are encouraging you to take steps to improve your nutrition. Find nutrition links and details on healthier eating options.



#### MAY

##### [The Mental Health Forum](#)

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.



#### 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.



#### 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).

