



living well at work...

Workplace Wellness Fosters Healthy and Happy Employees

MESSAGE FROM THE PRESIDENT

At McMaster, we are a community that embraces and champions wellness for all who work and study here. Wellness is more than just being physically fit or free from disease. It involves striving for optimal health in every aspect of our lives – be it physical, mental or social.



October is Healthy Workplace Month, with the calendar of events centered on the theme of "Workplace Wellness Fosters Healthy and Happy Employees". It is a month filled with both in-person activities and online resources aimed at enhancing our overall health. From building inner resilience to cooking nutritious meals to perfecting sun salutations, there is something for everyone. An amazing feat of combined strength kicks things off on Oct 1st with a Fall Fair & Teambuilding Bus Pull event to mark the start of Healthy Workplace

Month and McMaster's United Way Workplace Campaign. An Employee Wellness Fair will be featured on Oct 29th which will showcase information about living a healthy lifestyle at work and home through expert advice and informative displays.

Thank you to the Healthy Workplace Month organizing team for their efforts in supporting and promoting workplace wellness for all McMaster employees. I encourage you to take the opportunity to participate and examine your own health habits - whether to celebrate your success or engage in something new.

Much health and happiness,

Patrick Deane
President & Vice-Chancellor

EVENT REGISTRATION:

To register, visit us online at www.workingatmcmaster.ca/healthy-workplace and click on **Healthy Workplace Month 2014** to find event details and online registration forms.

If you do not have online access, please e-mail healthyworkplace@mcmaster.ca or call **ext. 24556**

Detailed event descriptions and further information can be found on the **Healthy Workplace website**.

Registration opens
on **September 8, 2014.**



SCHEDULE of EVENTS



Wednesday, Oct. 1	Thursday, Oct. 2	Friday, Oct. 3
Kickoff Event: Fall Fair & Teambuilding Bus Pull 11:30 a.m. - 2 p.m.		

WEEK 1: BEING WELL • October 6 - 10

Monday, Oct. 6	Tuesday, Oct. 7	Wednesday, Oct. 8	Thursday, Oct. 9	Friday, Oct. 10
TED Talks: Psychology <i>Online</i>	Resiliency Dr. Nathan Cooper 12:30 - 1:30 p.m. Blood Donor Clinic (CIBC Hall) 11 a.m. - 5 p.m.	Emotional Effects of Retirement Barbara Wilkinson 1 - 2 p.m.		

WEEK 2: FEELING WELL • October 13 - 17

Monday, Oct. 13	Tuesday, Oct. 14	Wednesday, Oct. 15	Thursday, Oct. 16	Friday, Oct. 17
Thanksgiving	Beyond Stigma Webinar Ronaye Coulson <i>Online</i> 12 - 1 p.m.	Helping Employees Flourish: A Mental Wellness Workshop for Managers and Leaders 12:30 - 2 p.m.	Yoga Sessions (Main Campus) 12 noon and 1 p.m. Meditation (DTC) 1 - 2 p.m.	Deadline for Healthy Workplace Ambassador Award Nominations Blood Donor Clinic 9:30 a.m. - 3:30 p.m. Ewart Angus Hall

WEEK 3: EATING WELL • October 20 - 24

Monday, Oct. 20	Tuesday, Oct. 21	Wednesday, Oct. 22	Thursday, Oct. 23	Friday, Oct. 24
Nutrition Resources <i>Online</i>	Cooking Demo (Main Campus) Chef Leigh Laidlaw 12 - 1 p.m. Blood Donor Clinic (CIBC Hall) 11 a.m. - 5 p.m.	Food & Mood: Healthy Eating Session Kristina Chester 12 - 1 p.m.		

WEEK 4: CONNECTING WELL • October 27 - 31

Monday, Oct. 27	Tuesday, Oct. 28	Wednesday, Oct. 29	Thursday, Oct. 30	Friday, Oct. 31
Meditation Jeff Drury 12 - 1 p.m.		Healthy Workplace Month Employee Wellness Fair 11:30 a.m. - 1:30 p.m. MUSC 319 (CIBC Hall)	Cooking Demo (RJC) Chef Val Nobre 1 - 2 p.m.	

Healthy Workplace Month Kickoff : Fall Fair & Teambuilding Event

The Teambuilding Bus Pull will be in support of the United Way of Burlington & Greater Hamilton



McMaster's Healthy Workplace Committee and United Way Committee invite you to a Fall Fair & Teambuilding Event in support of the United Way of Burlington & Greater Hamilton.

Event Details

- **Date:** October 1, 2014
- **Location:** Green space outside of the Burke Science Building
- **Time:** 11:30 a.m. - 2 p.m.

The **Fall Fair** will feature:

- Games & Draws
- Corn Roast (free for all Bus Pull registrants or \$5 per person)
- Bus Pull Teambuilding Event

Registration for the Teambuilding Bus Pull opens on **September 8, 2014** and the minimum pledge is **\$300** per team.

There will be **prizes** at the Bus Pull for:

- the team with the most spirit
- the team with the biggest cheering section
- the team with the fastest time
- the team that raises the most money

Visit <http://tinyurl.com/kxyqgml> for further details about the Fall Fair & Teambuilding Event.

Healthy Workplace Ambassador Award

The Healthy Workplace Ambassador Award is an annual award presented by McMaster's Healthy Workplace Committee to recognize and reward an active McMaster employee who

has demonstrated exceptional commitment and effort to foster employee wellness in the workplace.

For more details please check our website at:

www.workingatmcmaster.ca/healthy-workplace



Sponsored by:



Employee Health Fair
Wednesday, October 29
11:30 a.m. - 1:30 p.m.

Athletics and Recreation, Homewood Health (McMaster's Employee and Family Assistance Program), Canadian Diabetes Association, Canadian Blood Services, Hamilton Public Health and the Museum of Art will be among many others there to provide information.

This event also offers interactive displays and optional health tests.

Draws for a Kobo E-Reader, fitness classes, active clothing and wellness equipment will be featured. Healthy snacks will be available on a first come, first served basis.

Sponsors

Special thanks to all of our wonderful partners and sponsors:

Athletics and Recreation
Bridges Cafe
Campus Store
Canadian Blood Services
Canadian Diabetes Association
Canadian Kidney Foundation
Canadian Mental Health Association
Emergency First Response Team (EFRT)
Employee Career Services
Employee Health Services

Environmental & Occupational Health Support
Services
Facility Services, Energy Management &
Sustainability
First Student Canada
Hamilton Public Health Community Food
Advisors
Homewood Health
Hospitality Services
Human Resources Services
Lordly Jones

McMaster Museum of Art
McMaster Sports Medicine and Rehabilitation
Centre
Organizational Development
Paradise Catering
Sodexo
Sun Life Financial
The Healing Path Chiropractic & Wellness
Center
The Pulse
McMaster United Way Workplace Campaign

Detailed event descriptions and further information can be found on the
McMaster Healthy Workplace website.

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Follow us on Twitter at @McMasterOD

