



THE
wellness
MOVEMENT

For workplace wellness committee members, workplace health and safety committee members, human resource personnel and managers / supervisors.

Workshops :

- Workplace Wellness: Mental Fitness in the Workplace
- Building relationships day-to-day

Sharing panel about workplace that implemented a wellness model

The workshops objectives;

- Understand a comprehensive approach to workplace wellness
- Get the gears turning on workplace wellness with mental fitness.
- Learn about tools for building relationships day-to-day and creating a work environment that supports wellness.
- Share wellness ideas and initiatives between workplaces.



Restigouche Wellness Workplace Symposium

Friday November 1st

Sugarloaf Provincial Park
T-Bar Restaurant

For registration or more information contact
bruno.poirier@gnb.ca or 789-2933



Réseau Mieux-être
Restigouche
Wellness Network