



QNET Presents:

Combating Stress in Manitoba Workplaces
Wednesday, December 14 - 3:00 to 4:30 p.m. (Networking Event)

Hear the results of *The Healthy Workplace Practices Project* presented by Maureen Grace of the MFL Occupational Health Centre. Learn about the leading initiatives used to combat stress in the workplace with a follow up discussion on where to go from here.

The MFL Occupational Health Centre invited workplaces that promote the health and well being of employees to participate in documenting and promoting their experience. The areas of focus included:

- Employee participation and decision-making
- Defining employees' duties & responsibilities
- Work-life balance
- Respectful workplace initiatives
- Workload management
- Continuous learning
- Conflict resolution practices
- Employee recognition

Presenter: Maureen Grace is a registered nurse, exercise specialist, and adult educator employed at the MFL Occupational Health Centre as an Occupational Health Specialist.

REGISTRATION FORM: December 14 - The Healthy Workplaces Practices Project
Fax to (204) 949-4990 or register online at www.qnet.mb.ca

NAME _____ TITLE _____

ORGANIZATION _____ CITY _____

PHONE _____ FAX _____ EMAIL _____

\$15.00 + GST for QNET Members \$20.00 + GST for Non-Members

PAYMENT METHOD Cheque Enclosed VISA AMEX MasterCard

Card # _____ Expiry Date _____

Cardholder's Name _____ Signature _____

An event confirmation will be sent one week prior to the session with location details. Cancellations must be received in writing by Dec. 6. After that time, only replacement participants will be accepted. Invoices sent for non-attendance. (GST Reg # 899755334RT)



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