

WORKPLACE WELLNESS

QNET Presents:

Communicating Wellness in the Workplace **Wednesday, September 21 - 3:00 to 4:30 p.m. (Networking Event)**

Many organizations are improving their bottom line through promotion of health and wellness. Increased productivity, reduced absenteeism and improved levels of employee and client satisfaction are the results of these proactive programs.

Everyone benefits when a wellness program is incorporated into an organization's business plan. The key to a successful program is engaging employees to participate. **Communicating Wellness in the Workplace** will provide an overview of what **Manitoba Public Insurance** is doing to "spread the word on wellness" from co-workers to senior management.

This session is a combination of presentation and networking. Participants are encouraged to ask questions and provide comments on successes and challenges in their own programs. Sharing of ideas and materials is encouraged.

Presenter: Debbie Houston, Workplace Wellness Specialist for Manitoba Public Insurance

A nurse with nearly 20 years experience in acute health care and almost 15 in occupational health, Debbie's responsibilities have included health promotion and wellness programming, disability management, benefits administration, ergonomics and EAP.

REGISTRATION FORM: September 21 Communicating Wellness in the Workplace
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 Sept. 13. After that time, only replacement participants will be accepted. Invoices sent for non-attendance. (GST Reg # 899755334RT)



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