

## 2021-2022 Be Well Highlights and Initiatives

### Physical Work Environment

- Annual Safety and Health Week in May
- Inclusion of weekly safety updates at virtual townhall (2020-2022)
- Launch of online ergonomics training for all employees (2021)

### Workplace Culture and Wellness

- Monthly Be Well Highlights newsletter
- Weekly updates and exercises (e.g. gratitude, meditation, stretching) at Virtual Townhall
- Launch of the Employee Wellness Solutions Network (EWSN) Membership Portal (2021)
- Launch of a Personal Wellness Assessment (2021)
- 4-Part Mind Over Mood Workshop, including guided meditation (2021)
- 10 virtual 4-week exercise series during lunch for staff (2021-2022)
- 3 family wellness webinars (2021-2022)
- 3 team virtual wellness challenges (2021-2022)
- Monthly virtual coffee breaks with themes & activities (e.g. trivia, escape rooms, scavenger hunts) (2021-2022)
- 2 social (in person) events planned (2022)
- Launch of the Fitness for All on demand exercise video platform (2022)
- Promotion of the alPHa Fitness Challenge (2022)

### Personal Health Resources

- Virtual Health Fair (2021)
- Promotion of increase in group benefits coverage for mental health services (2021)
- Regular promotion of Homewood Health programming (2020-2022)
- 8 wellness workshops provided by EWSN and Homewood Health (2021-2022)
- Personal Wellness Assessment and annual trends reporting (2021-2022)
- Virtual support/debrief groups with Homewood Health clinicians (2021 – 2022)
- Planned Health Fair (in person) (Fall 2022)
- Future launch of the Pathfinder feature on Homewood Health’s portal Homeweb.ca (2022)

### Enterprise Community Involvement

- Quarterly blood donation clinics
- Red Scarf Project – knitting and donating scarves for HIV/AIDS awareness
- Annual EWSN Kid’s Wellness Bursary

