

Southwest Region Public Health Units and  
Western Regional Workforce Planning Boards  
present

# BECOMING A MINDFUL WORKPLACE

FEATURING

Mary Ann Baynton

- Building resilience
- Reducing conflict
- Eliminating bullying in your workplace



DATE

Wednesday, May 11, 2016

TIME

9 am - 3:30 pm (8:15 am registration and refreshments)

VENUE

Chatham-Kent John D. Bradley Centre  
565 Richmond St., Chatham

REGISTRATION

\$99 before March 31, 2016

\$125 before May 3, 2016

<https://swworkplacewellness.eventbrite.ca>

## WHO SHOULD ATTEND

Employers  
Business Owners  
Managers  
Health and Safety Members  
Wellness Representatives  
HR Professionals  
Union Representatives