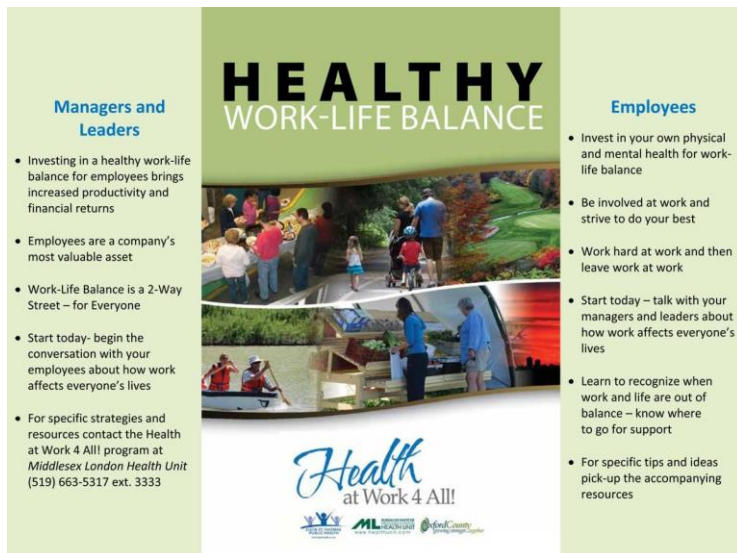


Work Life Balance and Well-being@ Work Kit

Need to **borrow** a relevant resource to **educate employees and staff about health topics**? This **FREE** to borrow, easy-to-setup kit is designed to educate your workplace about work life balance and well-being at work.

The kit contains:

- **6 Display panels with tips for leaders and managers** as well as your employees in general.
- **Fact sheets**, for leaders, managers and employees
- **A Work Life Balance guidebook** for employers, leaders and/or managers for more information on creating a workplace culture that values and supports the work life balance of all employees.



To borrow the kit or get more information, please contact the **Chronic Disease Prevention & Injury Prevention Team(s)** at the Middlesex-London Health Unit at **519-663-5317 ext. 2220** or email sandy.richardson@mlhu.on.ca.