



Healthy Hospital

WORKING GROUP

Fairmont
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LIFESPEAK

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October is Healthy Workplace Month!

The Healthy Hospital Working Group invites you to learn about holistic wellbeing this October. Virtually attend a variety of educational sessions on topics within Excellence Canada's four elements of healthy workplaces: **HEALTHY LIFESTYLES**, **PHYSICAL ENVIRONMENT**, **CORPORATE SOCIAL RESPONSIBILITY** AND **MENTAL HEALTH & WORKPLACE CULTURE**.

Attend the live/recorded sessions to be entered into prize draws. Each week has a unique prize!

Click this link for details!

SickKids

Oak Valley Health

Humber River Hospital

UHN
Toronto General
Toronto Western
Toronto St. Michael's
Toronto St. Michael's

London Health Sciences Centre

WCH
WOMEN'S COLLEGE HOSPITAL
Healthcare REVOLUTIONIZED

The Ottawa Hospital | L'Hôpital d'Ottawa

CHEO

Hamilton Health Sciences

Mackenzie Health

CAMBRIDGE MEMORIAL HOSPITAL

GRAND RIVER HOSPITAL
Advancing Exceptional Care

JOSEPH BRANT HOSPITAL

HPHA
HURON PERTH HEALTHCARE ALLIANCE

NORTH YORK GENERAL
Making a World of Difference

niagarahealth
Extraordinary Caring. Every Person. Every Time.

Halton Healthcare

SOUTHLAKE REGIONAL HEALTH CENTRE

St. Mary's GENERAL HOSPITAL

Shine
SUPPORTING HEALTH IN EVERYONE
AND HIS PROGRAM

St. Joseph's Healthcare Hamilton

UNITY HEALTH TORONTO

RVH
Royal Victoria Regional Health Centre

Sinai Health

camh
mental health is health

Thunder Bay Regional Health Sciences Centre

SHN
SCARBOROUGH HEALTH NETWORK

ROSS MEMORIAL HOSPITAL
Kawartha Lakes

Healthy Hospital

WORKING GROUP

October Sessions



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	Session Title	Date / Time	Join Meeting
HEALTHY LIFESTYLES	Food & Mood: Building a Healthy Relationship LEARN MORE	Wed. Oct. 5 1:30-2:30 pm	Join Virtually – Click Here Password: 58CMtThNpP5
	Cooking Class: Quick, Easy & Healthy Meal Prep LEARN MORE	Thurs. Oct. 6 6:00-7:00 pm	Join Virtually – Click Here Password: PVmenWah335
PHYSICAL ENVIRONMENT	Deskercise (Morning) LEARN MORE	Tues.- Fri. Oct. 11-14 10:00-10:10 am	Join Virtually – Click Here Password: 8sbT6Pa3Pqz
	Deskercise (Afternoon) LEARN MORE	Tues.- Fri. Oct. 11-14 2:00-2:10 pm	Join Virtually – Click Here Password: zwJn8QsmT56
	Ergonomics Panel LEARN MORE	Thurs. Oct. 13 12:00-1:00 pm	Join Virtually – Click Here Password: NfCY7RfeE65
CORPORATE SOCIAL RESPONSIBILITY	Creating a Sustainable Canadian Healthcare System in a Climate Crisis LEARN MORE	Tues. Oct. 18 12:00-1:00 pm	Join Virtually – Click Here Password: BZymM6rRS34
	Music for the Mind LEARN MORE	Thurs. Oct. 20 1:45-2:30 pm	Join Virtually – Click Here Password: F3Rkm4yUh5e
	Green from Home Workshop LEARN MORE	Fri. Oct. 21 12:00-1:00 pm	Join Virtually – Click Here Password: B9AkQFM6Be8
MENTAL HEALTH & WORKPLACE CULTURE	SickKids Peer Support Program: An Introduction LEARN MORE	Tues. Oct. 25 12:00-1:00 pm	Join Virtually – Click Here Password: M8a4pkiQN3v
	Standing Tall: Building Resilience LEARN MORE	Fri. Oct. 28 12:00-1:00 pm	Join Virtually – Click Here Password: GVtsidfN767

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