

NEWS RELEASE

For immediate release: **September 14, 2011**

Workshop to Create Positive Workplaces!

On September 26 from 10 a.m. to 2 p.m., the North Bay Parry Sound District Health Unit is holding a workshop for anyone interested in getting their workplace healthier. Participants will also kick-off the 2011 Workplace Step Challenge!

The workshop will discuss organizational culture, and allow participants to network and share ideas with each other. The afternoon will present the Step Challenge and the resources you'll need to take part. The Step Challenge is an annual event that will take place October 3 to 24 during Healthy Workplace Month. Workplaces throughout the district are invited to join the competition to find out who can walk the most steps.

The cost for the Workplace Health Workshop is \$10 and lunch is provided. The workshop will be held at the Clarion Resort Pinewood Park in North Bay. If you have to travel more than 100 km. to attend, the Health Unit will cover your mileage.

The deadline to register is September 21. To register, contact Laura at the Health Unit at 705-474-1400, ext 2287 or email her at laura.dougherty@nbpsdhu.ca.

If you can't attend the workshop, your workplace can still participate in the 2011 Step Challenge. Just call or email Laura by **September 21**.

Quote

"The Step Challenge is an excellent way for employers to promote a healthy lifestyle to their staff. It shows staff how much they are moving every day during work and leisure time. Staff are then motivated and challenged to increase their amount of daily physical activity. When staff join a team and get involved in a fun challenge, it strengthens relationships and builds a positive workplace culture."

- Laura Dougherty,
Community Health Promoter

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