

### **Definition/Description:**

Discounts Related to Exercise and Health Available to WRHA Staff

### **Source:**

Human Resources Planning Assistant, Winnipeg Regional Health Authority

### **Findings/Highlights:**

- Although the WRHA does not subsidize health-related programs directly, it has negotiated discounts on behalf of its employees with a variety of businesses related to exercise and health. These include:
  - Fitness/exercise centres
  - Orthodontics
  - Golf lessons
  - Therapeutic and clinical massage
- These discounts are available to all WRHA staff
- From time to time, chair massages and Reiki sessions are made available to staff at 155 Carlton at no charge.