

Definition/Description:

WRHA Workplace Wellness Initiatives

Source:

Human Resources Planning Assistant, Winnipeg Regional Health Authority

Findings/Highlights:

- Staff has access to Employee Assistance Program.
- WRHA Workplace Wellness Committee was developed in 2002, and worked on making staff aware of its existence.
- Information provided to staff in areas of Nutrition, Balancing Your Life, Healthy Active Living, and Spiritual Well Being.
- Formal plan for the committee is currently being developed.
- Several employee recognition programs and initiatives in place (StAR [Staff Appreciation and Recognition] program. Team Awards) or in planning (Retirement recognition, StAR Kits).
- Introduction of 'Wellness Breaks' which allow employees to adjust their work hours to participate in activities that promote personal wellness. Examples are participation in exercise/fitness activities, attendance at a place of worship and education sessions.
- Communication of wellness information through *Aspire* and the *Star Galaxy Newsletter*.