



## Canada's Healthy Workplace Month® (CHWM) 2019 Supportive Social Media Content

- ✓ **Join** the conversation on Twitter
- ✓ **Engage** with your followers and CHWM partners/sponsors
- ✓ **Tag posts** with @CHWMonth, #CHWMonth or #HealthyWorkplaceMonth

The content below includes suggested social media content and supporting images to share through your organization's communication channels from Sept 1 – Oct 30, 2019

### Sample Twitter Posts

Visit the new webpage of Canada's Healthy Workplace Month® for great resources and toolkits to help prepare for and celebrate #CHWMonth! Check it out: <a href="http://bit.ly/1OWbvDT">http://bit.ly/1OWbvDT</a> @CanadaLifeCo @ExcellenceCan
October is <a href="#">Canada's Healthy Workplace Month®</a> , but you can start making your workplace healthier right now! Visit <a href="http://bit.ly/1OWbvDT">http://bit.ly/1OWbvDT</a> to find out how #CHWMonth @CanadaLifeCo @ExcellenceCan
Get ready for #HealthyWorkplaceMonth and check out the list of activities and resources to use in your workplace activities! #CHWMonth <a href="http://bit.ly/1OWbvDT">http://bit.ly/1OWbvDT</a> @CanadaLifeCo @ExcellenceCan
Think your organization has what it takes? Submit for #GreatEmployersAward and showcase your workplace efforts to be a #HealthyWorkplace #CHWMonth <a href="http://bit.ly/1OWbvDT">http://bit.ly/1OWbvDT</a> @CanadaLifeCo @ExcellenceCan
What do over 3,000 organizations have in common? They've joined Canada's #healthyworkplace Month! Congratulations to @CHWMonth for officially helping over 2,000 organizations start their #HealthyWorkplace journey. Learn more: <a href="http://bit.ly/1OWbvDT">http://bit.ly/1OWbvDT</a> @CanadaLifeCo @ExcellenceCan
Be part of a 2,000+ strong organization #HealthyWorkplace #CHWMonth movement by joining @CHWMonth <a href="http://bit.ly/1OWbvDT">http://bit.ly/1OWbvDT</a> @CanadaLifeCo @ExcellenceCan
Canada's Healthy Workplace Month® #GreatEmployersAward is here! Want to know more? Click <a href="http://bit.ly/1OWbvDT">http://bit.ly/1OWbvDT</a> to see how your organization can participate too. Learn what other organizations are doing to create a #healthyworkplace #CHWMonth @CanadaLifeCo @ExcellenceCan

Join @CHWMonth and over 2,000+ organizations to foster healthy workplaces across Canada today!  
<http://bit.ly/1OWbvDT> #CHWMonth @CanadaLifeCo @ExcellenceCan

It's coming! 20th annual [Canada's Healthy Workplace Month](#)<sup>®</sup> kicks off in October! #CHWMonth @CanadaLifeCo @ExcellenceCan

### Sample LinkedIn / Facebook Posts

It's official—Canada's Healthy Workplace Month<sup>®</sup> is launching its new 'Great Employers Award' for #CHWMonth 2019. [Join](#) now and showcase your organization!

**[YOUR ORGANIZATION IS/I'M]** happy to be part of Canada's #healthyworkplace movement and to be participating in #CHWMonth #GreatEmployersAward!

You can too! It's easy to enter and free!

Join this growing movement of employers by signing up now! Click here: <http://healthyworkplacemonth.ca/en/>

Insert graphic (from below)

### Logo to include with all social posts:

