



## Canada's Healthy Workplace Month® (CHWM) 2023 Supportive Social Media Content

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

The content below includes suggested social media content and supporting images to share through your organization's communication channels from Oct 1 – Oct 31, 2023

### Sample Twitter Posts

<p>Visit 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> @CHWMonth @ExcellenceCan</p>
<p>October is Canada's Healthy Workplace Month®, 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 @CHWMonth @ExcellenceCan</p>
<p>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> @CHWMonth @ExcellenceCan</p>
<p>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> @ExcellenceCan</p>
<p>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> @ExcellenceCan</p>
<p>Join Canadian employers and employees to take the Healthy Workplace Challenge and "Celebrate Your Workplace Culture." Take the challenge <a href="https://bit.ly/3hPV2VX">https://bit.ly/3hPV2VX</a> #CHWMonth @CHWMonth @ExcellenceCan</p>
<p>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 @ExcellenceCan</p>

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

It's coming! 24th annual [Canada's Healthy Workplace Month](#)<sup>®</sup> kicks off in October! #CHWMonth @ExcellenceCan

### Sample LinkedIn / Facebook Posts

[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)

### Graphics to include with social posts:

