OCTOBER 1

Learn Why Wellness Matters

Canada's Healthy Workplace Month

EXCELLENCE CANADA

Before you begin your health and wellness journey, take some time to learn about its importance.



Why Healthy Workplaces Matter

When a workplace is healthy, everyone benefits. Employees have improved well-being, engagement, and a sense of belonging, while employers see more productivity, culture, and resilience.

Wellness is An Ecosystem

Healthy workplaces don't just impact the workplace; they impact the country. When a workplace prioritizes health, the impact is felt across communities. Let's create a healthier, resilient Canada together.

Learn Why Wellness Matters

> **"The greatest wealth is health."**
>
> **–Virgil (poet)**

Learn more at
healthyworkplacemonth.ca