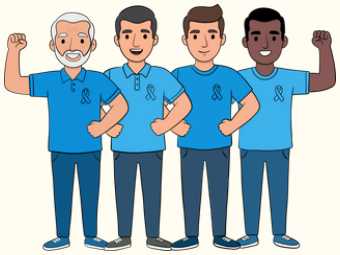
OCTOBER 6

Explore & Engage in Men's Wellness

Canada's Healthy Workplace Month

EXCELLENCE CANADA

Men's health isn't just about physical strength; it's about how energy, stress, and daily habits show up over time. Early signs of strain often go unnoticed because they build gradually.



Men's Health - Health Canada

Check out this joint publication of Health Canada and the Public Health Agency of Canada called "It's your Health". Find over 150 articles for various health and safety topics and stay informed about men's heart health, diabetes, etc.

Choose how you will

Explore & Engage in Men's Wellness

Men's Mental Health - CMHA

Mental well-being is about living well and feeling capable as you navigate everyday challenges. Make sure you are aware of the direct connection between your mental health and physical symptoms, including but not limited to: headaches, digestive problems and chronic pain.

- Men's Mental Health CMHA

Learn more at
healthyworkplacemonth.ca

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Daily Resource

Canadian Centre for Lifestyle Medicine

Check out this website to learn more about common health issues for men with a focused approach on healing through lifestyle.

Workplace Tips

For Leaders

Make space for regular, informal check-ins - not just performance conversations. Encourage open dialogue by listening without rushing to fix. Support collaboration by valuing different perspectives and working styles. Guide workshops with a focus on time and task management.

For Team Members

Check in with colleagues in simple, genuine ways. Be open to different communication and work styles. Share ideas and support one another, as collaboration builds stronger teams. Contribute to a respectful environment through everyday interactions.

> **He who has a why to live can bear almost any how.**
>
> **- Friedrich Nietzsche (Philosopher)**

Learn more at
healthyworkplacemonth.ca