OCTOBER 2

Begin Your Journey

Canada's Healthy Workplace Month

EXCELLENCE CANADA

Wellness Your Way is all about leading your health and wellness journey in a way that feels the most authentic.



Set Your Intentions

Take a few moments to reflect on your health and wellness. What are you hoping to focus on this month? What are you most looking forward to? Jot down one or two intentions that feel meaningful to you.

Get Ready for Daily Boosts

Each day you'll receive a daily boost to support your journey! Each boost is filled with activity ideas, resources, workplace tips, and inspiration. Choose the suggestions that resonate with you and fit your schedule.

Begin Your Journey

"The journey of a thousand miles begins with a single step."

–ThichNhatHanh (peace activist)

Learn more at healthyworkplacemonth.ca