OCTOBER 7

Engage in Women's Wellbeing

Canada's Healthy Workplace Month

EXCELLENCE CANADA

Women's wellbeing begins with understanding health, energy, and daily life. Whether you're supporting other women or a woman reflecting on your own well-being, the critical starting step to living well is building awareness.



Healthy Living - Women

"Throughout their lives - as children, in middle adulthood and as seniors - women face life conditions and health issues specific to their biology and social circumstances. A full and healthy life for women involves emotional, social, cultural, spiritual and physical well-being." - Just for You Women, Health Canada

Choose how you will

Engage in Women's Wellbeing

What Is Women's Health Care?

Women's health care includes a wide range of physical and mental health needs, from reproductive and gynecological care to preventative screenings and conditions that can affect women differently. The Canadian Medical Association explores what women's health care encompasses, why specialized and inclusive care matters, and the importance of improving research and access to care.

Learn more at
healthyworkplacemonth.ca

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Daily Resource

Centre of Excellence of Women's Health
CEWH is a collaborative virtual knowledge and research exchange centre focused on improving women's health. Info sheets are available in English & French.
Chronic Pain - CEWH
Postpartum Support - Health Canada

Workplace Tips

For Leaders

Use check-ins to understand how work is being experienced, not just what's being delivered. Be mindful of workload distribution and ensure expectations are clear & realistic. Support returning employees from parental/maternal leaves and provide resources where appropriate.

For Team Members

Champion having or leading a quarterly meeting or workshop at your organization focused on colleagues who self-identify as women: An ice breaker about women's health, such as 2 truths and a lie, can be fun and informative at the same time.

> **When we invest in women and girls, we are investing in the people who invest in everyone else.**
>
> **– Melinda Gates (Philanthropist)**

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