

NEWS RELEASE

Workplace wellness seminar to provide strategies and benefits for employers

FOR IMMEDIATE RELEASE

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QUESNEL, B.C. – Employers are constantly looking for ways to keep employees at their best, contributing value every day. They want absenteeism to go down and employee retention to go up, while improving the workplace’s teamwork and overall employee job satisfaction.

Implementing a Workplace Wellness Program can help make these things happen. The Quesnel Active Communities Committee is hosting a workshop to provide the strategies and benefits of developing or strengthening a Wellness Program.

The seminar is on Tuesday May 26, at Shiraoi House from 9 a.m. to 1 p.m. and costs \$24, which includes a continental breakfast, lunch, wellness materials, including the Active Communities Workplace Workbook, and a 10-minute neck and shoulder massage.

“Investments in workplace wellness programs generate returns that more than repay the cost of the program,” said Committee Chair Diane Rogers. “Providing education and supportive environments for employees is a win-win situation for everyone.”

Companies who have implemented Workplace Wellness programs have enjoyed:

- Productivity increases
- Decreases in workplace accidents
- Decreases in absenteeism
- Short-term disability program and health costs decreases
- Recruitment and retention increases
- Health and fitness increase,
- Improved workplace relationships
- A decrease in smoking and its related illnesses
- Job satisfaction increases
- Fewer employee turnovers

For more information, phone 250-992-8200, drop in to the Arts and Recreation Center, or e-mail activequesnel@shaw.ca.

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This release is available at www.city.quesnel.bc.ca and at www.cariboord.bc.ca

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