

TO: Mayors/Wardens, Councillors, All Units

RE: MUNICIPAL WORKPLACE WELLNESS E-NEWSLETTER—APRIL EDITION

The AMA Municipal Wellness Coordinator, Rebecca Kolstee, has asked the UNSM to forward the “Municipal Wellness Newsletter” (below) to our Membership. If you are having troubles viewing, you can access a PDF copy via this link: AMANS.ca/Wellness.

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PLEASE NOTE: If you do not want to receive communications from UNSM, please e-mail Tracy Verbeke at tverbeke@unsm.ca, and you will be removed from the mailing list.

April 2017



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Municipal Workplace Wellness E-Newsletter

Welcome to the **Municipal Workplace Wellness** e-newsletter that is designed to help you cut through confusing information and find practical strategies for creating healthier employees and workplaces.



Exciting News: New and Improved look for the Wellness Program

*We are excited
to release the new images that will be the face of
the wellness program!*



Thank you to **Amanda Bent, Town of Truro** for providing us with a fresh and memorable new brand to represent the wellness program!



Want to Spark a Wellness **movement** in Your Municipality?

*Let's foster
healthy, vibrant
work cultures
TOGETHER!
Become a Wellness
Champion*



If you are interested in becoming a wellness champion for your municipal unit and working with the AMANS wellness program to foster a wellness movement at the local level please email wellness@amans.ca

Wellness Champions play a pivotal role in the overall success of workplace wellness programs!

"We're having a big meeting tomorrow to kick off our Employee Wellness Campaign. Who's in charge of bringing the soda and donuts?"

Maple Syrup: Canada's Sweetest Ingredient

Have you found yourself reaching for maple syrup at the grocery store, only to discover there are different kinds? You're not



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