CELEBRATE HEALTHY WORKPLACE MONTH WITH US ON THE OCTOBER PROVINCIAL PRO-D DAY!

OUR VSB

VSB EMPLOYEE WELLNESS PRESENTS:

EMPLOYEE HEALTH FAIR

OCTOBER 21, 8:30 - 3:00, KITSILANO SECONDARY

Join us for a full day of wellness programming including:

- Workshops
  - Meal Prep & Nutrition
  - Voice Protection & Projection
  - Finance: Taxes & Retirement
  - The Working Mind
  - Resilience at Work
  - 2SLGBTQIA+ Perspectives
  - Indigeneous Medicines
  - Vicarious Trauma, Mental Health & Resilience
- Flu Vaccination Clinic
- Wellness Assessments & Screening
- Movement Breaks
  - Bhangra
  - Stretching
- Health Expo
  - Explore and meet a wide variety of local health & wellness organizations

Sign up for as many or as few activities as you like, design your day!

Dr. James Makokis

Canadian Two Spirit, Diversity, Indigenous Health and First Nations Leader and Author
Winner of The Amazing Race Canada Season 7!

REGISTER NOW

www.prod.vsb.bc.ca