

What were the key outcomes for each of your main project objectives?

- **Engage with organizations, communities and key stakeholders in regards to achievable healthy lifestyles and become a community leader in workplace wellness**
 - Partnered in the Miramichi Workplace Wellness Workshop (May 2007) to assist community organizations in the development of workplace wellness programs through sharing of resources and providing ongoing support.
 - Contacted local organizations to set up friendly physical activity challenges between workplaces.
 - Presented locally to various groups to share our program initiatives and successes to date.
 - Member of a newly formed provincial Workplace Wellness Committee.
 - MRHA 7 strives to be role model and community leader in wellness.

What were the key outcomes for each of your main project objectives?

- **Promote healthy living and empower employees to become proactive in their quest for wellness, increase productivity and decrease absenteeism**
 - MRHA workplace wellness offers a diverse program which incorporates the four Pillars of Health identified in the Provincial Wellness Strategy:
Physical activity, healthy eating, mental fitness and resiliency, and preventing and reducing tobacco usage.
 - The program reflects and endorses the MRHA vision of "Healthier people, healthier communities."
 - Employee input is essential to meet the needs of staff and ensure program participation, success and health benefits.

What were the key outcomes for each of your main project objectives?

- **Improve employee's health and morale through promotion, education and feedback**
 - Through the promotion and continuation of a comprehensive wellness program, health benefits are becoming evident. For example, 50% of staff have indicated that they have decreased their stress level.
 - Staff respond favorably to a number of programs, presentations, education, activities and assessment tools. Examples include: Pedometer challenges, Stress Management sessions, Employee Wellness Profile, Quit Smoking programs, Back Care and Injury Prevention Program, Portion Size Displays, Nutrition Facts Label Reading, Financial Planning and the Popular Picks Library.