

INTRODUCTION

Do you want to enhance the health or relationships among people in your work area?
Do you have a great health promotion idea you would like to implement but don't know where to start?
If you answered yes to either of these questions, then this resource is for you!

One of the ways that we will have a healthier workplace is if we work together to make things better. This tool kit is designed for all people who work in Capital Health to use as a resource to plan and implement health promotion activities.

The tool kit is divided into four sections.

The first section provides advice on how to set up a team to carry out the health promotion activities. It is important to have a team to generate great ideas and carry out tasks.

The second section is for managers. This portion of the tool kit provides tips for managers on how to best support health promotion in our workplace.

The third section covers how to plan, implement and evaluate health promotion activities.

The last section lists references used in this tool kit and provides an evaluation form with contact information. Please give us your feedback!

It's all here, and you have other resources at your disposal. We have people in the Healthy Workplace Department who will work with you to plan activities. You may phone us or send an e-mail to healthyworkplace@cdha.nshealth.ca. Our annual Workplace Health Promotion Grants program, launched annually in mid-September, funds health promotion in our workplace. Healthy Workplace also has a website with lots of health information and tips.

Call us, we can help you!

The Healthy Workplace Department

Healthy Workplace Leader

Dawn Burstall
902-473-3263

Health & Development Consultant

Bonnie Conrad
902-473-3743

Health Promotion Planner

Laura Kaulback
902-473-5817