



Working better
through wellbeing

WorkWell 'Summer Essentials' Workshop

Shape up your workplace wellness programme this summer.

Join us as we celebrate the warmer months with a **free** interactive workshop specifically designed to share information about summer wellness at work. Key note speaker, Wayne Borrell of the Cancer Society will discuss key messages about sun safety, healthy eating and physical activity. WorkWell workplace Metlife Care Bayswater will also share their experience of developing a sun safety plan.

Presentations to support the summer essentials theme will be delivered by local providers Sport Bay of Plenty, Eastern Bay Primary Health Alliance and Tipu Ora.

Please email your RSVP by 24th October to work.well@bopdhb.govt.nz or phone 0800 221 555 to speak with a WorkWell Advisor.

Dates and Locations

Mount Maunganui

Monday 31st October
9:00am to 11:00am

Family Works Hillier Centre
31 Gloucester Road,
Mount Maunganui

Rotorua

Thursday 3rd November
9:00am to 11:00am

Toi Te Ora – Public Health Service
1st Floor
1161 Amohau Street,
Rotorua

www.workwell.health.nz

WorkWell

Phone: 0800 221 555
Visit: www.workwell.health.nz
Email: work.well@bopdhb.govt.nz

Toi Te Ora
Public Health Service
BAY OF PLENTY DISTRICT HEALTH BOARD
Serving Bay of Plenty and Lakes Districts

Our Workplace, Our Responsibility