






GRH Work on Wellness “WOW” Working Group

Our Vision: **“Promoting Wellness at Work”**



Our Purpose:

- To foster a comprehensive wellness program that will promote a healthy work environment.
- To influence decisions made and empower staff to take responsibility for their own wellness.

Area of Wellness	Achievements
	<ul style="list-style-type: none"> - Renovation of GRH Staff Fitness Centre including fundraising to support the purchase of new equipment to enhance the site’s Fitness Centre. - Coordination of additional bike racks and increase staff lockers. - Coordination of walk/run groups/fundraisers. - Organization of <i>Creating Healthy Eating Environment</i> presentations to raise awareness.
	<ul style="list-style-type: none"> - Help raise awareness of Staff development and mentoring programs available via AHS HR or AHS Staff Development office. - Raised awareness about our work and different tools and resources available via publishing information on our intranet site. - Organized Wellness TED Talk viewing sessions for managers
	<ul style="list-style-type: none"> - Organization of weekly Yoga classes. - Coordination of Mindfulness Meditation classes. - Successfully working on creating a culture of wellness. Most recently, a wellness challenge was rolled out in one of our departments. - Development of a site specific healthy workplace guideline. - Working closely with United Way Campaign to raise awareness of philanthropy.
	<ul style="list-style-type: none"> - Organization of six “Wear your Jeans to Work” weeks over the past year. - Contributions to support an all-day nursing retreat for two inpatient units. - Piloting of CREW (Civility, Respect and Engagement in the Workplace) initiative on two inpatient units. - Coordination of staff donations to Edmonton Food Bank and Youth Emergency Shelter. -
	<ul style="list-style-type: none"> - Organization of a very successful annual Canada Day BBQ with over 350 staff, volunteers and physicians in attendance. - Organization of an annual Pancake Breakfast for K Days with over 300 staff, volunteers and physicians in attendance. - Organization of GRH WOW Annual Golf Tournament in September with 100 participants at the event. - Organization of Wheelchair basketball in May.

***Wellness is a Journey,
not a destination!***