

Come to our Wellness Program training on May 9

In our union bargaining, we secured input in our wellness healthcare benefit through our wellness committee. In our last wellness committee meeting, we succeeded in getting trained on the new program. The wellness committee has now scheduled a training for all co-workers for the new, different program. We know that with this new program come new features. What this means for some of us is we need a little help to figure out the new program. At the training, we can get signed up for the wellness program and also learn more about retirement saving, counselling support, and how to stay healthy and earn \$450 in wellness dollars this year. We can use the app or the computer.

The deadline to earn is September 29.

On May 9, come and get the education you need to access the wellness funds for 2019 by participating in the fun and easy challenges. You can come on your break or on your day off.

We Celebrate National Nurses & Healthcare Workers Week!



Our recent break and overtime legislative victory shows that when nurses and healthcare workers have a united voice at work and in our government, we win for our patients, families and communities.

Moving forward, we need to make sure that ALL job titles in ALL facilities are able to take our breaks, whether that's through workplace action, collective bargaining or legislative solutions. Together, we will achieve many more victories in the future so we have the staffing, compensation, benefits, recognition, rights and respect we deserve.



The key is active participation in our union, so get involved today!

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Drop-in Wellness Training IT Classroom | Thursday, May 9

6:30am - 9:00am

11:00am - 1:00pm

2:00pm - 5:00pm



"This is free education for all. All you have to have is CHI insurance and be enrolled in the CHI health account. You will learn ways to take care of your health and earn wellness dollars. Take the opportunity to get the support you need. Learn how to navigate the program, take webinars, join in the journey, and improve your health. It is financially beneficial. May 9th, come and get the support you need."

Ashley Chamroen, Food Service Aide, and Duane Troxler, CT Tech, Bargaining Team and Wellness Committee members

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