

Canada's 
healthyworkplacemonth

October 1 – 31, 2024

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Finding Calm in the Middle of *YOUR* Storm

HealthyWorkplaceMonth.ca

Week 1
Social
Connectivity

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Week 2
Healthy Sleep

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Week 3
The Positives of
Positivity

Supported by



Week 4
Building
Resilient
Workplaces

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Special Monthly
Theme:
Supporting
Canada's
Heroes

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<https://healthyworkplacemonth.ca/showcase/showcase-application/>