

# Your Social Wellness Matters



Let's cultivate connection, community, and care. For everyone.



Canada's

Healthy Workplace Month

<https://healthyworkplacemonth.ca>



**Foster positive relationships. Connect with colleagues and welcome new faces.**

**Reach out for support when needed, and offer help to others.**

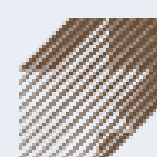
**Balance your social and personal time. Respect your own and others' boundaries.**

**Celebrate diversity and create an inclusive environment for all.**



**Let's make social wellness a workplace priority.  
Every month, every day.**

**Show appreciation, listen actively, and check in on your teammates.**



**EXCELLENCE • CANADA**

improving performance, recognizing excellence | améliorer le rendement, reconnaître l'excellence