



Supportive Social Media Content

- **Join the conversation on Instagram & LinkedIn**
- **Engage with your followers and CHWM partners/sponsors**
- **Tag posts with #Healthyworkplacemonth**
#UnlockYourPotential #CHWM2025 #CHWMonth

The content below includes suggested social media content and supporting images to share through your organization's communication channels from October 1-31, 2025

LinkedIn Posts

We're proud to be participating in Canada's Healthy Workplace Month! This year's theme- *Unlocking your Potential: Building Strength to Overcome Challenges*- reminds us that resilience and well-being are key to thriving at work. Join us in celebrating #CHWMonth this October! Learn more: healthyworkplacemonth.ca

At [Organization Name], we believe healthy workplaces unlock potential. That's why we're proud to be part of CHWMonth 2025, focused on building strength to overcome challenges. Together, let's create workplaces where everyone can succeed. #HealthyWorkplaceMonth #WorkplaceCultureMatters

We're excited to take part in Canada's #HealthyWorkplaceMonth and celebrate this year's theme: *Unlocking Your Potential*. Building strength through well-being, culture, resilience is how we overcome challenges together. Learn more about the #GreatEmployersAward: healthyworkplacemonth.ca

Visit Canada's Healthy Workplace Month for great resources and toolkits to help prepare for and celebrate #CHWMonth2025. Check it out at healthyworkplacemonth.ca



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Instagram Posts

October is Canada's Healthy Workplace Month! This year's theme is *Unlocking Your Potential- Building Strength to Overcome Challenges*. We're proud to participate and celebrate what make our workplace strong, resilient, and supportive. Learn more: healthyworkplacemonth.ca

Strength isn't just physical- It's mental, emotional, and cultural too. That's why we're proud to be part of #CHWMonth 2025, celebrating the theme Unlocking Your Potential. Here's to healthier, stronger workplaces across Canada.
#HealthyWorkplaceMonth #UnlockYourPotential

We're joining thousands of organizations across Canada for #CHWMonth. This year's theme reminds us: by building strength together, we can overcome any challenge. How do YOU unlock your potential at work?
Learn more: healthyworkplacemonth.ca #HealthyWorkplaceMonth
#CelebrateYourWorkplace
