

As we start the new fiscal year at BCHS, we are excited to announce the schedule for Wellness Lunch and Learns for the 2019. See the attached for more information on these informative sessions. In addition, later this month we will be launching the new BCHS website which includes the revitalization of our Wellness, Health and Happiness resources available to BCHS employees, physicians and volunteers. We are also in the midst of creating a corporate Wellness & Recognition Committee that will assist in providing feedback, develop and implement wellness programs/initiatives and become wellness ambassadors that will help us promote a culture of health and wellness. If you are interested please email wellness@bchsys.org

We have many more exciting wellness initiatives coming soon so stay tuned!

Next Scheduled Lunch & Learn:

Join us on **Thursday April 25th, 2019 in Mohawk Classroom 1 from 12:00-1:00pm** for a wellness lunch and learn! The topic is: **“The Journey to Wellness: One Step at a Time”**. This session will examine what wellness means and provides simple steps to help participants set their own health goals and keep them on track for achieving their personal definitions of wellness. Please email wellness@bchsys.org to sign-up! Space is limited. A light lunch will be provided.

Did you know?

- ❖ Through Green Shield, you have access to a personalized digital exercise coach. You do not have to be a member with Green Shield to access this service. [Click here](#) to take a look!
- ❖ If you are a member of BCHS benefits through Green Shield, you have access to various different resources and services through [Change4Life](#). Once you log-in, start by taking a health assessment. From there, you can complete activities, read articles, complete programs, etc. As you work through the website, you will receive points that you can use to cash in for gift cards!
- ❖ All employees have free, confidential, 24/7 access to Homewood Health. You can access crisis resources, as well as daily living resources and tips online, over the phone, or via email at any time.
- ❖ Our Organizational Health team is here to help with a variety of different things such as:
 - Fast-tracking of services (ie. MRI)
 - Referrals to specialist'
 - Ergonomic Assessments and support
 - Consultations with the Organizational Health Physician
 - And much more!