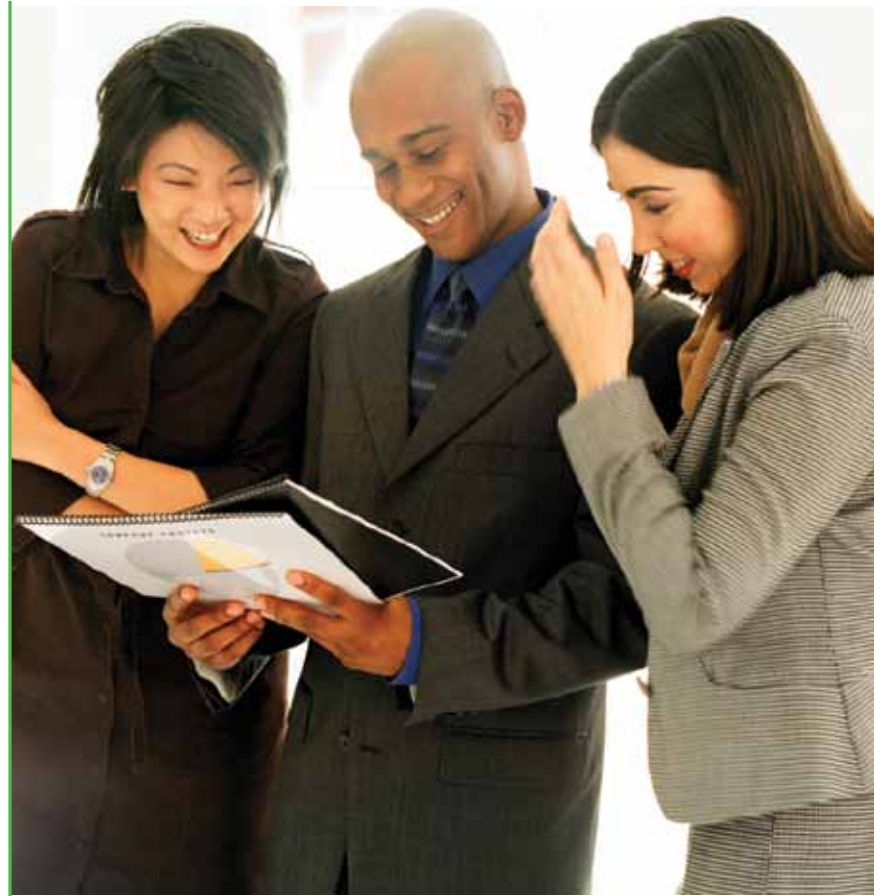


# For a **Healthier** You at Work...



## **Choose Healthy Foods**

Eat more fruits and vegetables



## **Stay Connected**

Socialize with co-workers



## **Take a Break**

Relax and recharge



## **Be Active Daily**

Take the stairs or go for a walk

For more information, please visit

[www.york.ca/workplacewellness](http://www.york.ca/workplacewellness)

or contact: York Region *Health Connection* at:

**1-800-361-5653**

**TTY: 1-866-252-9933**



*A healthy workplace is a great investment*