

A Healthy Start to September

Welcome back for an exciting new school year. Why not pair the start of this year with a commitment to your health and wellness goals? The Greater Victoria School District has teamed up with some excellent resources to help you on your way to wellness.

Corporate Fitness Discounts: We are continuing our partnerships with two local fitness facilities for the coming year. They are offering corporate-rates for our employees and their immediate families for the next 12 months.

- **Steve Nash Fitness World** - for those of you who didn't sign up for our special corporate rate last year, you are welcome to participate in a [two-week trial period](#) (Sept.30 - Oct.14) to see which of the [membership options](#) will work best for you.

- **Club Phoenix** - is located in Langford and has extended special rates to GVSD employees on all three of their [membership options](#).

WellnessFits: A free comprehensive workplace wellness program offering tips and education on various wellness topics for you and your peers. Click on the following topics to access their modules: [healthy eating](#), [physical activity](#), [quitting smoking](#), [living with cancer](#), [healthy minds](#), and [sun-awareness](#) or visit www.wellnessfits.ca

City of Victoria LIFE 2016: Victoria's [Leisure Involvement For Everyone](#) program provides an annual credit and program savings to eligible low-income individuals and families to use towards recreational programs and services in all our City recreation facilities and ten jointly-operated sites.



Mark Preston-Horin, Disability and Wellness Advisor 250.475.4163



DID YOU KNOW?

- Many people experience environmental sensitivities to chemicals. Severity of symptoms range from mild irritation to incapacity.
- Scented products, including perfumes, rarely use botanicals anymore and can contain any number of more than 3000 chemical ingredients. Many are composed *entirely* of chemicals.
- “Fragrance free” and “unscented” products are not regulated outside of Canada. Some products actually contain chemicals that mask the scent of other chemicals and many contain chemicals that are not listed at all.
- If a worker at your site has scent sensitivity or allergy please ensure you accommodate their needs.

PLEASE!
BE SCENTSITIVE

Christine Merner, Manager, OHS 250.475.4192