



Want to be a Workplace Health Champion?

Want to have your say in how we can make our workplace healthier? Become a Workplace Health Champion and make a difference.

We spend about a third of our lives at work. So let's make sure our workplace is a healthy one. We're running a Workplace Health Program and want your help!

Workplace Health Champions:

- Help develop our Workplace Health Program
- Get workmates involved
- Represent our different job departments, shifts and cultural groups

As a Workplace Health Champion you'll be kept up to date with progress and receive all the help you need to carry out your job.

Interested? Want to help make your workplace a healthier one?

Do you:

- Have ideas to get your workmates interested in a Workplace Health Program?
- Know how your workplace/worksites work and operate?
- Enjoy taking part in or running programs? Have time to commit to being a Workplace Health Champion?
- Have an interest in health issues, like quitting smoking, physical activity or healthy eating?

Then we want to hear from you!

For more information about becoming a Workplace Health Champion, speak to:

FACTSHEET

For more details visit gethealthyatwork.com.au

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