

WANT TO BE A WORKPLACE Health CHAMPION?



Become a Workplace Health Champion and have your say to make your workplace healthier



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 to create a healthier workplace

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 an interest in health issues, like quitting smoking, physical activity, healthy eating or mental health?

Then we want to hear from you!

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

