

Health & Wellness

Employee wellness and business wellness often go hand in hand. Discover some tips to make this your 2019 reality.

Employee Wellness - Good for People, Good for Business

By Marcia Hammonds

The start of a new year is a good time to focus on the health of your business and your employees. Find out how a wellness program can give you a kick start.



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The Benefits of an Employee Assistance Program

By Deb Walker

An Employee Assistance Program (EAP) is a very credible option to consider in support of employee wellness, both in terms of results as well as in the nominal financial obligations for such a program.



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How Staring at Screens All Day is Affecting Your Employees

By Montridge Advisory Group

Unemployment Stats

	Dec-17	Nov-18	Dec-18
VICTORIA	3.4%	3.8%	3.6%
VANCOUVER	4.1%	4.1%	4.4%
BC	4.7%	4.3%	4.3%
CALGARY	7.5%	7.9%	7.6%
ALBERTA	7.3%	6.9%	6.7%
CANADA	5.9%	5.8%	5.7%

*Source: Statistics Canada, CANSIM

Quotes

"The greatest wealth is health"
- Virgil

"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear"
- World Health Organization

"The best six doctors anywhere and no one can deny it are sunshine, water, rest, air, exercise and diet."
- Wayne Fields

Wellness Tips from Chemistry Consulting

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While technology is essential for most workplaces, it's also important to provide staff with opportunities to disconnect.



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Legal Update

Raptor Society Receives Rapp on Knuckles Over Handling of Employee Termination

By Matthew Larsen and Kristen Woo, lawyers at Fasken

A flawed investigation and an ill-conceived termination result in an order that the employer pay a long service employee a large damage award.

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By Dawn Robson

Understanding the Winter Blues is a Good First Step...

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