



A healthy workplace that includes active living can help employers and staff to be more successful and satisfied at work. Being active also improves employees' energy level and morale, and reduces absenteeism. People who enjoy their work and feel their employer cares about their wellbeing are more productive. Find out more at www.healthyworkplacemonth.ca.

Photography By: Barrie Martin (Hikers - inset, Trail Troubadour); Kasey Bull (wetland hike)

Tips:

- Replace your coffee break with a walk!
- Make your next meeting a walking meeting.
- Physical activity at work can improve your concentration, productivity and memory.
- Physical activity can help you cope with stress.
- Physically active employees take fewer sick days.

October 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Health Unit <small>Haliburton, Kawartha, Pine Ridge District</small>	1 National Senior's Day and International Day of Older Persons www.seniors.gc.ca International Walk to School week; Oct. 1-5	2 Haliburton-Muskoka-Kawartha Children's Water Festival, Oct. 1 & 2	3 Celebrate Healthy Workplace Month in October IWALK Oct. 3 www.saferoutestoschool.ca	4	5 Last Farmers Market in Rotary Park, Haliburton www.haliburtonfresh.com	6 Colourfest - Haliburton www.colourfest.ca
7	8 Thanksgiving (Canada) Columbus Day (USA)	9	10 World Mental Health Day www.wfmh.org/00WorldMentalHealthDay.htm	11 Good Food Box - order today! call Mary 705-488-1128	12	13
14	15	16 World Food Day www.fao.org/getinvolved/worldfoodday/en	17	18 Good Food Box - pick up today!	19 Shepherd's Table Community Supper Lakeside Baptist Church www.lakesidebaptistchurch.ca	20
21	22	23	24	25	26	27
28	29	30	31 Halloween		SEPTEMBER 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	NOVEMBER 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30