



# News Release

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## NEW GUIDE FOCUSES ON BENEFITS OF HEALTHY WORKPLACES

BRANTFORD (Jan. 20, 2012) – A new guide for local employers highlights the benefits of promoting healthy workplaces and healthy work-life balance to staff.

“There’s clear evidence that having a healthy workforce and workplace saves companies money,” said Jill Halyk, executive director of the Workforce Planning Board of Grand Erie, which published the booklet. “Healthy workplaces enjoy higher staff morale and productivity, while these businesses also see lower costs related to health claims, sick days and other problems.”

*Healthy Work-Life Balance: A Guide for Employers* outlines the impact on employers from issues such as workplace stress, conflict, obesity, smoking, and lack of physical activity among staff. The booklet then describes strategies to help employers and employees address these issues.

The guide also highlights the local resources – many of which are free -- available to local businesses. “Our community has many organizations willing to help employers and employees, yet some businesses may not be aware of what great resources are out there,” Halyk said.

The booklet was developed in partnership with the Brant County Health Unit, Haldimand-Norfolk Health Unit, Grand River Community Health Centre, Haldimand-Norfolk REACH, Family Counselling Centre of Brant, and the Canadian Mental Health Association chapters in Brant and Haldimand-Norfolk. All of these organizations offer services to local employers on healthy workplaces.

The Workforce Planning Board is looking for employers to share the booklet with, and hopes employers will implement strategies and connect with local resources. Employers who want a copy or more information, should contact the Workforce Planning Board at: 519-756-1116 or [admin@workforceplanningboard.org](mailto:admin@workforceplanningboard.org). *Healthy Work-Life Balance* is also posted on the board’s website: [www.workforceplanningboard.org](http://www.workforceplanningboard.org).

The Workforce Planning Board is one of 25 non-profit organizations in Ontario that play a leadership role in labour force planning.

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