



theUnion I Canada

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"Listen up" it's time to start the dialogue on Stress and Work life balance

Re: Wellness boards

Unifor Local 1996-O and "Listen up" in March will be proposing to the company the concept of installing Workplace Wellness Boards.

It is our expectation that these boards will carry information on alleviating different stressors in the workplace.

In addition, these boards are to include external help sources as well as self-help brochures. These boards will be updated on a regular basis for all our members

*Brian Lowery*

Health and Safety & Environmental, (ORC) Unifor

***In Solidarity,***

*Lee, Brian, Chris*