

This workplace wellness calendar has been developed based on focus groups from staff in four Yukon First Nation communities. Activity ideas are also from the action plans that were developed by the Working on Wellness Committee Champions in these communities and the WoW Coordinator at CYFN.

The calendar can be modified to suit your needs and staff interests. All of the resources (emails, posters etc) will need to be personalized. You will notice that in each email and in some posters, there are notes in brackets containing options or instructions. These notes should be deleted before copy and pasting and sending the emails to the staff.

Hopefully you find this calendar and the resources useful!