

# Employee Health, Wellness & Lifestyle Seminars

We are now taking bookings for our “Healthy Working Lives” 2009 seminars.

Employees are an organization’s key resource. A safe and healthy work environment where employees also feel valued will reap rewards – reducing sick leave, improving productivity and increasing employee retention and corporate image. Thus, staff health and well-being should be top of mind for your organization.

Bermuda Cancer and Health Centre’s “Healthy Working Lives” program is here to help. We offer a range of health and wellness presentations for you to choose from and welcome your input for future topics.

- **Breast Cancer**
- **Headache Helpers**
- **Just the Blues?**
- **Men’s Health 101**
- **Osteoporosis – The Silent Thief**
- **The Importance of Sleep**
- **Stress in the Workplace**
- **Taking Charge in 30 Minutes**
- **Women’s Health 101**
- **Work Place Ergonomics**
- **Skin Cancer**

Please complete the attached booking form and return by fax or visit [www.chc.bm](http://www.chc.bm) to download a form.

- Cost** All seminars are provided free of charge
- Schedule** The seminars can be organized to best suit your employees and can be done during a lunch hour
- Location** Recommended at your work site (board room or meeting room). This will be more convenient for participants and also decrease lost production time

HEALTHY WORKING LIVES

Bermuda Cancer and Health Centre  
P.O. Box 1562  
Hamilton HMFx  
Bermuda

Phone: (441) 236 1001  
Fax: (441) 236 0880  
E-mail: [dnarraway@chc.bm](mailto:dnarraway@chc.bm)

Please complete this form and return via fax or email to book your organization's session(s).

To allow us to best meet your needs, please include alternative dates:

BUSINESS \_\_\_\_\_

CONTACT NAME \_\_\_\_\_

CONTACT NUMBER \_\_\_\_\_

EMAIL \_\_\_\_\_

<b>Date (dd/mm/yy)</b>	<b>Time</b>	<b>Alternate Date &amp; Time</b>	<b>Topic</b>
			<b>Breast Cancer</b>
			<b>Headache Helpers</b>
			<b>Just the Blues?</b>
			<b>Men's Health 101</b>
			<b>Osteoporosis – The Silent Thief</b>
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**Submit your booking via fax or email to: Deborah Titterton Narraway**

**fax 236-0880 or email [dnarraway@chc.bm](mailto:dnarraway@chc.bm)**