

# WINDSOR-ESSEX REGIONAL Chamber of Commerce

---

## MEDIA ADVISORY

March 16, 2015

### Windsor-Essex Regional Chamber of Commerce Hosts Wellness in the Workplace – 1 Step at a Time Breakfast

Windsor, ON – Windsor-Essex Regional Chamber of Commerce in partnership with Go For Health will host an information breakfast on Thursday, March 26, 2015 from 7:30 a.m. – 9:00 a.m. at the Caboto Club, 2175 Parent Avenue, Windsor on wellness in the workplace, one step at a time.

Matt Marchand, President and CEO, Windsor-Essex Regional Chamber of Commerce says, “A workplace wellness program can positively impact a company’s bottom line. Healthy employees make healthy businesses. All it takes are small changes with no need to heavily invest time or money to improve the workforce’s health.”

John Atkinson from the Canadian Cancer Society Ontario Division will be the keynote speaker for the breakfast and he will present simple tips for employers to promote and improve employee health as well as discuss the largest health concerns for Canadians.

Plus, guest speaker, Amandeep Hans from the Windsor-Essex County Health Unit will provide information on their Working Toward Wellness Workplace Program, the wellness initiative program that adapts to meet the needs of the Essex County workforce.

Attend the breakfast to discover the corporate benefits of healthy employees and how your company can develop a wellness program.

Visit [www.windsorchamber.org/events](http://www.windsorchamber.org/events) to register online for this event or call (519) 966-3696 Ext. 31 for more information.

WINDSOR-ESSEX REGIONAL  
Chamber of Commerce

**About Windsor-Essex Regional Chamber of Commerce:** The Windsor-Essex Regional Chamber of Commerce is the voice of business and professionals in our region. Involved for over 138 years in every phase of community growth, the Chamber works to encourage an economic climate favourable to business and industry. We provide member firms with valuable direct services for day-to-day operations, as well as represent the business, professional and industrial community in its relations with the public sector. [www.windsorchamber.org](http://www.windsorchamber.org)

# WINDSOR-ESSEX REGIONAL Chamber of Commerce

---



**About Go For Health:** Go for Health works to improve the health of Windsor-Essex County employees by collaborating with business leaders to develop and implement policies that support healthy workplaces and business sector lifestyles through the workplace wellness program. [www.wechu.org](http://www.wechu.org)

**About John Atkinson:** John Atkinson is the Director of Cancer Prevention and Tobacco Control at the Canadian Cancer Society (CCS), Ontario Division. John has a Masters of Social Work in public policy and he has worked in the healthcare sector for over 15 years. John has led health promotion programs and policy initiatives most notably in tobacco control, healthy eating and physical activity. He has worked in a number of settings in Canada and abroad including university health services, public health, community health, and two health NGOs prior to joining the CCS. He is currently responsible for cancer prevention programming across all risk factors and as well as a focus on tobacco prevention and cessation. John oversees the Canadian Cancer Society's Smokers' Helpline.

**About Amandeep Hans:** Amandeep Hans is a Health Promotion Specialist at the Windsor-Essex County Health Unit. She consults and assists to develop a comprehensive workplace wellness program by identifying key health issues and providing resources.

-30-

For more information contact:  
Lindsey Rivait  
Communications Coordinator  
Windsor-Essex Regional Chamber of Commerce  
[lrivait@windsorchamber.org](mailto:lrivait@windsorchamber.org)  
(519) 966-3696 ext. 25