

WINDSOR-ESSEX REGIONAL Chamber of Commerce

MEDIA ADVISORY

August 20, 2013

Windsor-Essex Regional Chamber of Commerce and Go For Health Present Work Fit Life Luncheon Featuring Dr. Debbie Kane

Windsor, ON – The Windsor-Essex Regional Chamber of Commerce and Go For Health Windsor-Essex presents the Work Life Fit Luncheon on Wednesday, September 11, 2013 from 11:30 a.m. – 1:30 p.m. at the Caboto Club, located at 2175 Parent Ave. Keynote Speaker Dr. Debbie Kane will speak on work-life balance at the event.

A recent Canadian-wide survey confirms what you already know; there's no such thing as work life balance. Advances in technology that were intended to provide a healthier balance between work life and home life have failed. We now can be connected to work 24/7. Similarly, flexible work arrangements designed to decrease the stress experienced by employees struggling to meet the conflicting needs of family life and work life are rarely successful. Promoting a healthy fit between work life and home life requires a supportive organizational culture as well as individual action. Strategies to promote healthy work and home life balance at the organizational and individual levels will be presented.

Dr. Kane is a Professor with the Faculty of Nursing at the University of Windsor. She received an MScN in Nursing Administration from Western University and a PhD in Nursing from the University of Michigan. Dr. Kane maintains an active research program in the area of work-life balance, quality of work-life, and violence prevention in the workplace. As Business Sector Chair of Go For Health Windsor-Essex. Dr. Kane is dedicated to promoting and supporting healthier workplace environments through the implementation of wellness programs. She has completed numerous studies related to organizational supports that assist Canadians to achieve a healthier balance between their work life and home life. Dr. Kane has published her research in professional journals and presented her findings at workshops and local, national, and international conferences.

Tickets are \$25 + HST and include a health promoting "Meet Smart" lunch. Register for tickets online today at www.windsorchamber.org.

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For more information contact:

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