



March Health & Safety Minute

In this month's edition...

- [Safety Campaign: Workplace Wellness and Nutrition Month](#)
- [Safety Segments: Nutrition and Wellness at Work and Contingency Plans](#)
- [Safety Bytes: Do Diet and Nutrition Affect Your Workplace Performance](#)
- [2024 CCSA Annual General Meeting: Registration is Open](#)
- [Free in-Person Training: The Working Mind for Employees](#)
- [Reminder: 10 Days Until We Move Into Our New Office](#)

Safety Campaign: Workplace Wellness and Nutrition Month



Nutrition has a direct impact on the overall health and well-being of everyone in the workplace. Employers should take time to develop workplace health strategies and ensure that all members of the organization have access to the tools and resources necessary for maintaining health and wellness in the workplace.

[Read more](#)

Safety Segments: Nutrition and Wellness at Work and Contingency Plans



Safety Segments offer information and resources you can use during safety huddles, team meetings, etc. The discussion guide pulls everything together.

Nutrition and Physical Activity are critical parts of health and wellness and can boost energy, productivity, and quality of life for staff. As an employer, you can enhance your employees' well-being and foster healthier communities by advocating for better eating habits and increased physical activity in your workplace. The emergency response focus this month is Loss of Services Contingency Planning.

[Learn more](#)

Safety Bytes: Do Diet and Nutrition Affect Your Workplace Performance



The CCSA Safety Bytes are short "byte-sized" videos about safety topics and tips that will help increase awareness and skills for our members. Stay tuned for a different topic every month!

How much does diet and nutrition affect your workplace performance? It's a good question and there are certainly many opinions on the matter. Rather than rely on opinions we sought out a dietician and asked here just that: "Does what you eat affect your workplace performance"? Check out this video for the answers and, if you have the time check out the full segment here.



Do you want to see the full version with lots of tips and facts about nutrition? Then watch our "Asking an Expert" interview with [Jeannie To](#), Registered Dietician at [Silverado Creek Seniors Community](#), and [Kevin Barrett](#), CCSA Health & Safety Consultant.

[Watch Video](#)

2024 CCSA Annual General Meeting: Registration is Open

We are delighted to invite CCSA members to attend the 2024 Annual General Meeting on April 10th. This year is the first-ever CCSA's Hybrid AGM experience, including the return of our **in-person and an upgraded online**, fully immersive experience. Register now and catch up on all the news with friends and colleagues across the industry!

[Free Registration](#)

CCSA is seeking members to become a part of the CCSA Board of Directors, and we welcome all those interested to [submit a nomination form](#).

2024 CCSA ANNUAL GENERAL MEETING, APRIL 10



Keynote Speaker:

Myles Morris, Assistant Deputy Minister
Safe, Fair and Healthy Workplaces

CCSA AGM Business
Networking Lunch
Virtual Reality Demo Session

Red Deer, 54 Queensland Cres
(MHSA Building)
09:00 am - 01:00 pm



Free in-Person Training: The Working Mind for Employees



The Working Mind training aims to help individuals maintain their wellness while also supporting others living with a mental health problem or illness in a psychologically healthy and safe work setting. This program will assist employers who are interested to adopt the [Psychological Health and Safety Standard](#) in the workplace.

[Register Today](#)

Reminder: 10 Days Until We Move Into Our New Office

Effective March 15th, 2024 Continuing Care Safety Association is moving to a fantastic new office space! Please make a note of our new address: **225 Parsons Road SW, Edmonton, AB.**



Check Out CCSA's Latest Courses

CCSA continues to offer instructor-led virtual training and can now accommodate classroom sessions.

[Check out our course descriptions and schedules.](#)

Did you know that the CCSA is continuing to add more [On-Demand webinars](#)?
Check out our latest offerings!



Copyright © 2021-2024 | Continuing Care Safety Association, All rights reserved.

Our mailing address is:

#110, 6325 Gateway Boulevard
Edmonton AB T6H 5H6 Canada

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).