

**What?** A VCH-wide wellness challenge to promote self-care, inspire others, and win prizes!

**Who?** For ALL Vancouver Coastal Health Employees



# #vchselfcare summer

1. Choose your self-care habit
2. Get support from a buddy or team
3. Practice
4. Share to win!

**When?** June 21 to Sept 5 (start any time)

**How?** Start today by choosing a habit and sharing it with us, practice it for a work week, and let us know how it went to win!

Need self-care ideas? Visit us:

@EWEFAP

@EWEFAP



@employeewellness

For more information visit us @ <https://www.employee-wellness.ca> or email us at [tcom@employee-wellness.ca](mailto:tcom@employee-wellness.ca)

