

# The Provincial Wellbeing Hub

*Coming December 18*



On December 18 we are launching the Wellbeing Hub, a new online resource designed to support your overall wellbeing – encompassing emotional, physical, mental, and spiritual health.

The Wellbeing Hub will provide quick and easy access to helpful articles, practical tools, and wellbeing supports for all members of our health-care teams, as well as resources for managers, supervisors, and leaders seeking tools to better support the members of their team.

The content on the Wellbeing Hub has been developed with the input of knowledgeable health-care professionals from across Manitoba who understand the unique pressures of working in the health system. Their contributions have ensured these resources are relevant, trustworthy, and meaningful to your experiences.

We invite you to join one of our virtual launch sessions on December 18 where you can experience a guided tour of the Wellbeing Hub's resources and meet the Wellbeing Leaders who support each health region in Manitoba. We look forward to seeing you there!

## **Register for the morning or afternoon session:**

Morning - December 18 from 11 - 11:30 a.m.

<https://register.gotowebinar.com/register/8945710610312982873>

Afternoon - December 18 from 2 - 2:30 p.m.

<https://attendee.gotowebinar.com/register/7882582921812134742>