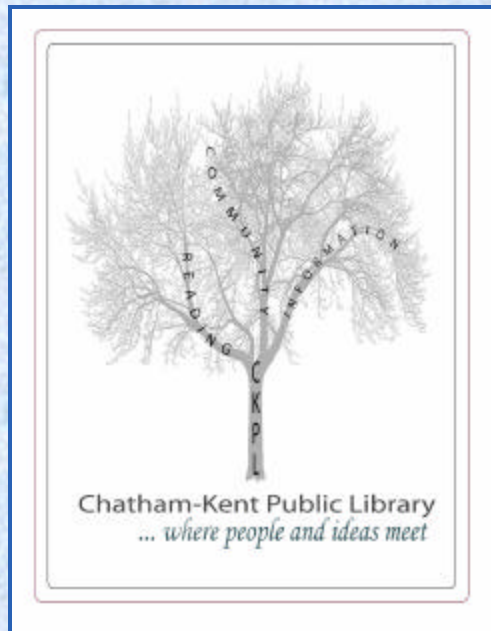


Health-e @ Work & Home

Find us at the Library!

Visit any of the 11 local branches or access the online catalogue directly at www.chatham-kent.ca/ckat from work or home.

To reserve online, all you need is an active library card and PIN number. The library will call you when your selections are available.



Look for this label



a **Health-e @ Work & Home** resource

at any
Chatham-Kent
Public Library location

Web site: www.chatham-kent.ca/library

For more information contact:

Chatham-Kent Public Health Unit
435 Grand Ave. West
P.O. Box 1136
Chatham, ON N7M 5L8

Tel: 352-7270

Fax: 352-2166

Email: CKhealth@chatham-kent.ca



Health-e @ Work & Home

*A community-based health,
safety and wellness
information system with
municipal-wide access.*

**Good for business
... good for life!**



www.chatham-kent.ca/library

Health-e @ Work & Home

Health is an important concept of our daily lives, both at home and in our workplace. This project has compiled resources in the three main areas that affect you, your family and workplace health.

1. Health & Wellness

- voluntary health practices
- health promotion

2. Safety & Injury Prevention

- Workplace Safety Insurance Board (WSIB)
- legislation
- young workers' safety

3. Organizational Culture

- work-life balance
- leadership style
- supportive environments & policy

Visit your local library branch or browse the library website at:
www.chatham-kent.ca/library

Health-e @ Work & Home Resources

Many local businesses and services have donated resources such as books, audio cassettes, videos, CD Roms, training manuals and other materials to the Chatham-Kent Public Library.

Materials are available on topics such as:

- occupational safety
- healthy food choices
- active living
- being smoke free
- shift work tips
- stress management
- workplace policy
- substance abuse prevention
- pregnancy & work
- work-life balance
- healthy sexuality
- parenting

Partners

Chatham-Kent Public Library
Chatham-Kent Public Health Unit
Municipality of Chatham-Kent
Canadian Mental Health Association -
Chatham-Kent Branch
Chatham-Kent Safe Communities Coalition

Samples of Resources & Website Links

Bonnie Stern's Essentials of Home Cooking - Bonnie Stern

Canadian Centre on Substance Abuse
www.ccsa.ca

Consumer Information

<http://ConsumerInformation.ca>

Don't Sweat the Small Stuff at Work

Simple ways to minimize stress and conflict while bringing out the best in yourself and others - Richard Carlson

Ergonomics The practical approach.
Safety Care Inc. (VHS)

Job Stress Network

<http://www.workhealth.org>

Marijuana: What's a parent to believe?

Timmen L. Cermak 2003

Voices of Canadians: seeking work-life balance Linda Elizabeth Duxbury
Human Resources Development Canada,
2003

Workers' Health and Safety

www.whsc.on.ca