



Healthy Workplace Month

LiveWell@Work

**We're here
for HHS
employee
wellness!**

October 1-31, 2023

**Happy Workplace Wellness
Month to our friends at
Hamilton Health Sciences!**

**1 MONTH
FREE**

We're pleased to partner with HHS to give you a boost in your health and fitness offerings during Workplace Wellness Month.

For every activity you participate in you will be entered into a draw to win prizes! Share your photos with us for an extra chance to win! #HHSWellness



HOW TO GET STARTED...

1 Activate Your Free One Month Membership

Two easy ways to activate your membership:

- **Online:** Visit [YMCAHBB.ca/membership-builder](https://ymcahbb.ca/membership-builder) and use **Promo Code: HHSWellness**
- **In Person:** Visit any YMCA location throughout Hamilton, Burlington, Brantford or Grimsby

2 Download your YMCA / HHS Health App

- Download the free YMCA / HHS App from the App Store or Google Play   ymcahbb.ca/hhs-wellness
- View a complete schedule of activities available at HHS and the YMCA available to you throughout October and reserve your space in programs

3 Stay Active Wherever You Are

Can't join us in person? Join the YMCA community wherever you are through your free membership at Y@HOME+ ymcahome.ca/member use **Promo Code: HHS**

Activities include:

- One month membership at the YMCA
- Full access to Y@Home+ with live and on demand classes
- EatPlantJoy nutritional meal plans, recipes and shopping list
- Mindfulness activities
- Educational resources and workshops
- Massage therapy
- On site fitness classes
- Pet therapy
- Family activities including Fall Fun Fair

Locations:

- Flamborough Family YMCA - 207 Parkside Dr, Waterdown
- Hamilton Downtown YMCA - 79 James St. South, Hamilton
- Laurier Brantford YMCA - 100 Water St., Brantford
- Les Chater Family YMCA - 356 Rymal Rd East, Hamilton
- Niagara West YMCA - 325 Main St. East, Grimsby
- Ron Edwards Family YMCA - 500 Drury Lane, Burlington