



## From Awareness to Action

March 11<sup>th</sup> 4PM at The Museum

Join Speaker Jennifer Hubbard BBA, MA, CHRP, Manager, HR Corporate, Human Resources of The Economical Insurance Group as she presents her case study on how organizations can promote health in the workplace.

The Economical Insurance Group, a large Canadian property and casualty insurance company, has truly embraced organizational wellness even in the midst of a challenging economy. With strong leadership support and a comprehensive strategy, it has succeeded in engaging 70% of its 2,400 employees in its healthy workplace journey - a commitment that won the company a Who's Who in Workplace Wellness award. This journey began with a focus on building awareness and has moved to one of action. This case study will show the path Economical took and will provide insights into the steps organizations can take to pursue their own wellness journey.

### The Economical Insurance Group's Award Winning Wellness Program

Workplace wellness refers to an organization's ability to promote and maintain the physical and mental health of its employees. The Economical Insurance Group® (TEIG®) has recently been recognized as a leader in workplace wellness with the 2009 Who's Who in Workplace Health Award sponsored by Working Well; a magazine produced by Benefits Canada. The award is designed to honour individuals and organizations that have demonstrated leadership and innovation in workplace health. TEIG won this award because of employee participation in the wellness program at TEIG and because employees applied the tools provided to learn about and improve their health.

\*This talk is free courtesy of The Economical Insurance Group.  
Please call 519 749 9387 ext. 233 or email [Leigh-Anne.Quinn@TheMuseum.ca](mailto:Leigh-Anne.Quinn@TheMuseum.ca)  
for more information and registration details.\*

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