

## Communications Office

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## FOR IMMEDIATE RELEASE

# How Healthy is the Culture at Your Workplace?

## *October 21 Symposium To Explore Benefits of Healthy Organizational Culture*

**Tuesday, September 14, 2010, Peterborough**

Peterborough's Health at Work Committee invites local managers, business owners and HR professionals to explore the practical side and health benefits of workplace culture in a half-day symposium on Thursday, October 21.

Entitled "Tuning into Workplace Culture: Healthy Employees, Healthy Profits", this symposium will discuss how to create a healthy organizational culture. Organizational culture refers to employees' own sense of control over their health, influence over their work, and the support available from management, coworkers, family, and friends.

"While organizational culture is the least tangible aspect of a workplace, it can have the greatest impact on employees' health," explained symposium organizer Monique Beneteau from the Peterborough County-City Health Unit. "Creating healthier workplaces makes economic sense too, as research has shown that workplace health programs provide a return on investment of \$1.82 to \$6.85 for every dollar spent."

The symposium features renowned workplace consulting expert Dr. Graham Lowe as the keynote speaker. There will also be a presentation highlighting new research that explored what local organizations are doing about workplace health. This will be followed by a panel discussion with local employers on lessons learned in improving organizational culture.

"Tuning into Workplace Culture" takes place from 7:45 a.m. to 12:30 p.m. on Thursday, October 21, 2010 at the Peterborough Golf & Country Club located at 1030 Armour Road. Registration costs \$50 per person or \$40 per person for groups of five or more. To register, visit [www.pcchu.ca/workplaceculture](http://www.pcchu.ca/workplaceculture) or call (705) 743-1000, ext. 316. The deadline to sign up is October 13.

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### **For further information, please contact:**

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