

Cruise to Health



**Join Us for a Fun Filled Networking Session
Thursday, February 25, 2010 12–2 p.m.**

Presented by:



projecthealth.ca
Supporting Healthy Workplaces

Experience a virtual vacation and ...

- **EXPLORE** the topics of travel immunization, food safety, low-risk drinking guidelines and sun protection from the comfort of your seat
- **DISCOVER** how to prepare employees for a healthy vacation
- **RELAX** during the launch of the virtual vacation kit and hear about exciting possibilities for your workplace
- **SAVOUR** our mocktails (nonalcoholic drinks) as you work on strategies to implement an alcohol policy in your workplace

Speakers: Region of Waterloo Public Health Nurses

When: Thursday, February 25, 2010 12–2 p.m.
(Registration and light lunch from 11:30 a.m.–12 noon)

Where: 99 Regina St S., Waterloo (corner of Regina & William), Room 508
No cost to workplaces in Waterloo Region

To register: Log on to ***www.projecthealth.ca*** or call the Project Health phone line at **519-883-2287**