

UNIT HEALTH PROMOTION REPRESENTATIVES

CANADIAN FORCES MORALE AND WELFARE SERVICES

LOOKING FOR MEMBERS TO REPRESENT YOUR UNIT AND BE CHANGE MAKERS!

Are YOU:

- Enthusiastic
- Responsible
- Dependable
- Looking for a challenge
- Looking to make things better for yourself and your coworkers/team-mates/unit
- Interested in communicating with others
- Engaged and proactive

GOALS AND OBJECTIVES OF OUR UHPRS

To reach out and work with as many members in a way that allows the development and maintenance of a healthy working and living environment.

To provide opportunities to create changes within the workplace to support and maintain optimal physical and mental wellbeing, ultimately leading to improved morale and operational readiness.





MANDATE/ ROLES AND RESPONSIBILITIES

Promote the concepts, principles and educational opportunities provided by Health Promotion and tasks such as:

- logistical and communication support
- support of environmental scans/site visits
- marketing and awareness assistance
- liaison between unit and COC
- educational resource distribution and management
- boots on the ground perspective to help Health Promotion deliver content, programming or activities that meet your needs.



NOMINATION PROCESS

- Volunteer or nomination by supervisor/CoC
- For more information, contact us or connect with other UHPRs that you may know.
- Units are encourage to have more than one UHPRs that you may know.
- Units are encouraged to have more than one UHPR for maximum effectiveness and to share the duties.

CONTACT YOUR LOCAL HP TEAM

Health Promotion - 204-765-3000 x. 3868

Manager - Ginger Lamoureux

Admin Asst - Apryl Morris

