



THE UNIVERSITY OF
**WESTERN
AUSTRALIA**

Safety, Health and Wellbeing

Wellbeing@UWA

Supporting the health and
wellbeing of staff



Staff health and wellbeing is of great importance to the University.

Our health and wellbeing program aims to support you in adopting healthy lifestyle behaviours and achieving a more enjoyable and productive work-life balance.

Most events and activities are free for UWA staff and are scheduled at various times and locations for your convenience. Some examples include:

- Health checks
- Mindfulness courses
- Group fitness classes
- Lunchtime walking groups
- Advice on maintaining positive mental health and supporting colleagues
- Ergonomic assessments
- Healthy catering guidelines
- UWA Online Activity Challenge
- Seminars on a range of topics from back care to stress management

Initiatives can also be tailored to meet the specific needs of your work area.

Further information

Visit the wellbeing website at **safety.uwa.edu.au/wellbeing** and sign up for our bimonthly Wellbeing eNewsletter.

Your feedback and ideas are always welcome.

Safety, Health and Wellbeing

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