



Discover new resources to promote mental health and musculoskeletal (MSK) health

January 4, 2023 at 1:00 PM MT

Participate

Welcome to Using the Strategy Tool Kits Webinar Series!

The webinar will begin shortly

All participants have been placed on mute. Please **keep your microphone and camera off**.

The webinar is being **recorded** and will be available on the Alberta Municipalities website following the session.

Use the **chat box** located at the bottom of your screen to ask questions.

The Sunlife Workplace **Back Health Strategy Tool Kit** link:
<https://www.sunlife.ca/workplace/en/group-benefits/health-and-wellness-solutions/musculoskeletal-health-strategy-toolkit/>

The Sunlife Workplace **Mental Health Strategy Tool Kit** link:
<https://www.sunlife.ca/workplace/en/group-benefits/health-and-wellness-solutions/mental-health/workplace-mental-health-toolkit/>

Both are also posted on the Alberta Municipalities website



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Recap of tools and resources from today:

Musculoskeletal Health:

- Canadian Society for Exercise Physiology - <https://csepguidelines.ca/>
- ParticipACTION - <https://www.participaction.com/get-active/>

Mental Health:

- The Canadian Mental Health Association - Recovery College - <https://recoverycollegecalgary.ca/>
- Centre for Suicide Prevention - Buddy Up - <https://www.buddyup.ca/>

Government of Canada calendar of health promotion days - <https://www.canada.ca/en/health-canada/services/calendar-health-promotion-days.html>



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Additional tools and resources:

Lumino Health - <https://luminohealth.sunlife.ca/>

- [Back Pain Prevention Guide](#)
- [Fitness Guide](#)
- [Emotional Wellness Guide](#)
- [Stress and Anxiety Guide](#)

Canadian Centre for Occupational Health and Safety - <https://www.ccohs.ca/>

- [Ergonomic](#) page includes resources on workplace design, MSK related risks and exercises.
- [Health and Wellness](#) page includes fact sheets, courses/e-learning, posters, and podcasts.

Institute for Work & Health - <https://www.iwh.on.ca/>

- [Supporting return to work](#)
- [Implementing musculoskeletal prevention programs](#)