



# Workplace Wellness

# NEWSLETTER

Oct 18, 2022 / Vol 1

Hello Workplace Wellness Collective member,

Thank you for joining us in the rebranding of **The Workplace Wellness Collective**. Your support & feedback means so much as we continue on this mission and share further learnings through the lens of DEIB.

If you haven't already heard, the board has started working on the fall Micro-Summit, which will take place on the 10th of November.

We are excited to dive into **Data-Driven Wellness** at this event because employee wellness matters. By understanding some of the factors that are impacting the health and wellness of your employees, employers can optimize their wellness initiatives.

We are delighted to announce that this will be a hybrid event brought to you by **Cuely**, #1 **Wellness app on Slack** and will be taking place at Platform Calgary (network luncheon), as well as online through LinkedIn and YouTube live, at 9.00-11.30 am MST.

There are 3 ways you can register for Workplace Wellness Micro-Summit event here:  
[www.theworkplacewellnesscollective.com](http://www.theworkplacewellnesscollective.com)

As part of **our mission** to educate you with online and in-person experiences to minimize burnout and stress-related health and wellness issues in the workplace, we will be hosting several mini events leading up the Micro-Summit on November 10.

The first of these events is happening on **October 20th**. Meet **Terry Xu, Founder & CEO of Cuely**. The Cuely app is innovative and integrated– and so is Terry! Join us on LinkedIn Live to hear about the driving forces that brought him to the workplace wellness space and his passion to improve people's lives!

Next week, on **October 25th** we will be having will talk to **Dr. Ty McKinney, Co-Founder of 8 Bit Cortex**, our sponsor who is passionate about building communities through gamified mental health assessments. You don't want to miss Dr. McKinney's workshop on **neurodiversity** live at the Micro-Summit! More info will be available on our website.



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Last but not the least, we will also be hosting LinkedIn audio events, Instagram and TikTok lives from now until the BIG DAY!

We've got your wellness covered!

Once again we would like to THANK our sponsors:

Cuely, USA  
8 Bit Cortex, Canada  
Platform Calgary, Canada  
Jeddy Wellness, Canada  
Ele Pitch, USA  
Whiteboard Consulting, Canada  
Grundeir Coaching, USA  
CURIS Consulting, Canada

You can absolutely sponsor our November Micro-Summit and be part of our workplace wellness mission!  
Get in touch with David or Jenn at [workplacewellnessclub@gmail.com](mailto:workplacewellnessclub@gmail.com)

Our last annual and micro-summit which took place last spring was a huge hit and we continue to welcome new members who are just as passionate about Workplace wellness, Culture, Leadership, and Mental health as we are.

Did you know we created a new **LinkedIn company page**?  
Give us a follow to stay up-to-date!

We thank you for joining our global workplace wellness community, and can't wait to see you at our exciting autumn events!

In wellness,  
The Workplace Wellness Collective

[WWW.THEWORKPLACEWELLNESSCOLLECTIVE.COM](http://WWW.THEWORKPLACEWELLNESSCOLLECTIVE.COM)