

Wellness at Work

Ideas to add satisfaction and value to the working day

Wellness at Work by Peter Burke from Anglicare SA has been produced for staff working in faith based service organisations.

Focusing on wellness from the perspective of body, mind and spirit, the booklet provides over 40 practical ideas to take a break within the working day.

Work-life balance is not just about life outside of working hours but the life we live at work and how we can find ways to live fully as we work.

If you are interested in making *Wellness at Work* available in your workplace, consider the following options:

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Multiple copies less than 100 @ \$4 each including postage and handling

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To order copies

Send your order to the author, Peter Burke at pburke@anglicare-sa.org.au

Payment by cheque to 'Anglicare SA — Chaplaincy' to be sent to Peter Burke, Anglicare SA, 18 King William Road, North Adelaide, 5006, Australia.

Printing of copies

Organisations may wish to produce their own copies at their own expense for general distribution to staff. If you are interested in this, contact the author, Peter Burke at pburke@anglicare-sa.org.au

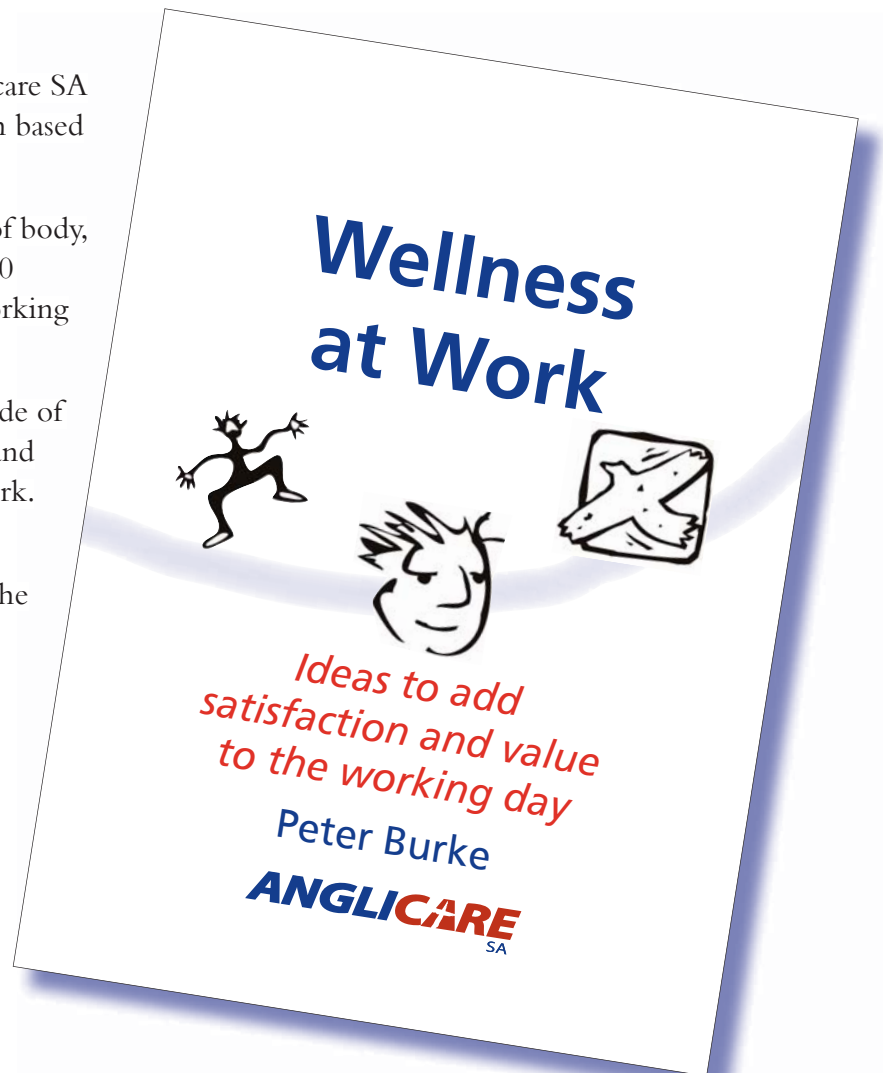
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