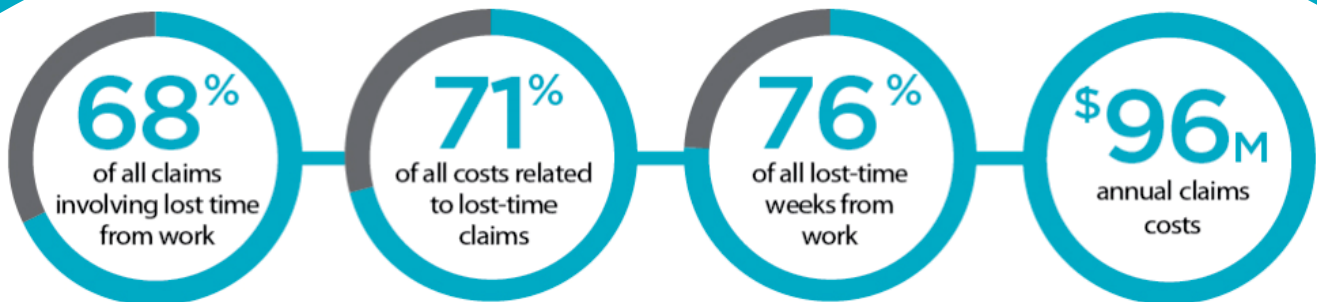


Move WELL Work WELL

September 19 – 25, 2021

Move Well – Work Well (MWWW) Week is September 19-25; an annual event that aims to raise awareness of musculoskeletal injuries (MSIs) and how to prevent them.



We are seeking your support to help promote the week. Some things you can do to highlight MWWW Week include:

- Sign up for the [Preparing for Move Well - Work Well Week](#) webinar for businesses needing assistance planning their workplace campaign.
- Send the [MWWW teaser card](#) to your email contact list.
- Share WorkplaceNL's social media posts or post your own message bringing awareness to the week ahead using the graphics provided. [MWWW Social Media Background](#), [MWWW Social Media Post](#).
- Visit the [Move Well - Work Well webpage](#) for more information and ideas to mark the week.
- Display the MWWW [poster](#) in your workplace.
- Attend and promote our [MSI prevention webinars](#) throughout the week.
- Share our [MSI educational resources](#) with your employees.
- Complete the new MSI Prevention Certification training course. [Click to view the standard](#).
- Complete the [employer feedback survey](#) to let us know your plan to mark the week and offer suggestions on how we can improve MWWW Week for a chance to win great prizes.

For resources and tools
visit workplacenl.ca

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