



# What is The Wellness Movement?

An ongoing effort to inspire and support the creation of wellness-supporting environments that benefit all New Brunswickers.

## Who is part of The Wellness Movement?

If you support or promote health and wellbeing in New Brunswick, you are part of The Wellness Movement.

## What is our common purpose?

To work together to create wellness-supporting environments in New Brunswick where people have the opportunity to live a life of health and wellbeing in their homes, communities, schools and workplaces.

## How does The Wellness Movement contribute to achieving this common purpose?

By offering wellness partners and wellness champions a platform to work together, by inspiring people, and by guiding them to resources that support and enhance their wellbeing.

## The Wellness Movement engages the general public by providing:

- Awareness and inspiration
- Information and resources
- Connections to networks and groups that can best help them achieve their goals

## The Wellness Movement engages wellness partners and wellness champions by providing:

- A way to connect our work and share a common vision
- A forum for collaboration with others working toward greater wellness in New Brunswick
- Support for awareness efforts (resources, materials, promotion)
- Promoting and sharing success stories, resources, and initiatives happening in the communities