

# Register for WCH's Wellness Seminars



**Staff and physicians are invited to  
attend the following seminar:**

## **Stress Management through Nutrition**

**Date:** Wed. March 22, 2017

**Time:** 12 – 12:30 p.m.

To register, please contact Occupational  
Health at ext. 6023 or email

[ohs@wchospital.ca.](mailto:ohs@wchospital.ca)