

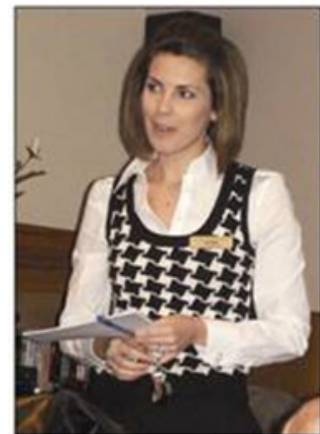


Bill Zolis, of The Callery Group, led an enthusiastic group of participants in the Ajax-Pickering Board of Trade's Dec. 4 Lunch & Learn. It was held at Parkway Retirement Residence in Pickering and Susan Elstob (bottom right) marketing manager for the residence, welcomed everyone and described what the facility has to offer.

A WEALTH OF WELLNESS KNOWLEDGE

Bill Zolis of the Callery Group talked about the challenges that employers face in trying to create a "Psychologically Healthy Workplace" during the Ajax-Pickering Board of Trade's latest Lunch & Learn event.

Mr. Zolis explained that a healthy workplace will increase productivity and that on average, employees spend 20 per cent less time with family and/or spouse than they did 20 years ago. Many employees in the prime of their working careers are caught in the bind of caring for children at home, and for an aging parent. As a result, caregivers experience significant employment related consequences from having to balance between family support and time at work.



Mr. Zolis has more than 20 years experience in the Group Insurance industry, but he also had many tips for individuals to consider in their day-to-day juggling act of work and personal life. He played a humorous audio presentation offering tips to de-stress.

What people said after attending the Dec. 3 Lunch & Learn:

"Really enjoyed the stress management comedy (presentation)."

"Excellent... such an important part of the wellness paradigm."

"Good stats and info that I can use for my presentations and discussions."

"Great job! (I liked) the wellness-oriented philosophy."