



# HER ACTIONS FOR GOOD

## HEALTH AND WELL-BEING

Empowering HER to Lead on Health and Well-Being

### *Physical and Mental Health*

Empowering HER and others in terms of physical and mental health at home and at work.



### *Better Health Policies*

Advocating for better health benefits, policies and/or programs for HER including menstrual, menopausal, mental, cardiovascular health, as well as cancer prevention.

### *Eating Well and Sustainable Living*

Engaging HER and others on sustainable living through dietary practices. Advocating for healthier and plant-based options at work. Exploring food waste management at work.



### *Removing the Toxins: Healthier Choices*

Exploring healthier personal and cleaning products at home and work.

### *Connecting with Nature*

Spending more time in nature. Advocating for greater connections to nature at work through workplace re-design.

