



ACT  
Government

healthier  
work

HELPING PEOPLE AND  
BUSINESS THRIVE

CASE STUDIES 2017-18

SILVER

## HEALTHY EATING AS A TEAM

### *Canberra Prosthodontics – 12 staff*

*Canberra Prosthodontics is the premier restorative dental practice in the nation's capital, providing specialist services in aesthetic and functional dentistry.*

It's a small team at Canberra Prosthodontics, yet their health and wellbeing plan contributes to ongoing team bonding and keeping staff engaged and motivated.

"We started with Healthier Work two years ago to encourage our staff to become healthier and more active," says Tina Critchley, Practice Manager. "We also wanted to promote team bonding."

Their plan is developed based on staff suggestions and includes a strong emphasis on healthy eating.

"We have a soup day, as well as themed lunches where all staff happily bring in food to share," says Tina.

Other activities include barefoot bowls, purchasing basic sporting equipment for the office, and participation in Dry July.

"It all contributes to better staff morale and engagement," says Tina.

