



ACT
Government

healthier
work

HELPING PEOPLE AND
BUSINESS THRIVE

CASE STUDIES 2017-18

PLATINUM

CREATIVE AND FUN INITIATIVES

Capital Chemist Wanniasa – 24 staff

Capital Chemist Wanniasa has served the Canberra community since 1978. They strive to be the pharmacist experts of extended hours' healthcare in the south of Canberra.

The close-knit team at Capital Chemist Wanniasa continually advocate for living a healthy life, having signed up to their first health and wellbeing plan four years ago.

It all began with a simple goal.

"We wanted to get our team to engage with healthier habits and to increase team morale," says Natasha Jovanoska from Capital Chemist Wanniasa.

Their commitment since then has paid off, with team bonding a positive side-effect of spending time together doing physical challenges and focusing on better nutrition.

Team meetings help them sort out the popular activities that people are keen to engage in.

"Some of our most successful initiatives have been our participation in Steptember every year," says Natasha. "We've also increased our water consumption by getting team-branded water bottles."

They also get creative with their ideas – introducing walking meetings and dance challenge nights.

"We even tried dodgem cars where we wore beer goggles to show the effects of drunk driving," says Natasha.

While finding the best times for the majority of staff to participate in activities is the biggest challenge, Capital Chemist Wanniasa still reaps the benefits with greater productivity and staff morale, and recommends all businesses give it a go.

"Just go for it! You have nothing to lose, only things to gain!" says Natasha.

