

FIT CITY NEWS

Physical and mental health enhancement information for employees

Shift gears to weekday commutes with Go By Bike Week

HUB Cycling's Spring Go By Bike Week is back from May 29-June 4! Get out and ride your bikes anywhere and everywhere, including 30 Celebration Stations around Metro Vancouver where participants can ride by for free snacks, basic bike maintenance, cycling maps, prizes, and more!

Register solo or as a team for free with your co-workers, roommates, family or friends at bikehub.ca/gbbw. Already taken part before? Simply log a trip to be considered a Spring 2023 participant.

Don't forget to log your trips online during the week for a chance to win great prizes, track your kilometres, and see how many greenhouse gas emissions you've saved. All bike trips count!

Contact walkbikeroll@vancouver.ca if you have any questions



Did you know the Province is launching an e-bike rebate program on June 1?

The e-bike rebates will range from \$350-\$1400, depending on income.

Experience the joy of staying active while getting around or exploring Vancouver's beautiful neighbourhoods. E-bikes offer a low-impact way to exercise, promoting a healthy lifestyle and enhancing your overall well-being.

Learn more and apply for a rebate at bcebikerebates.ca.

June is National Indigenous History Month

June 1 marks the start of National Indigenous History Month. In recognition, the City will be flying 16 Indigenous flags on City Hall's flag island at 12th and Cambie for the month of June. This will include flags from the xʷməθkʷəy̓əm (Musqueam) Indian Band, Sḵwx̱wú7mesh (Squamish) Nation, and səliłwətał (Tsleil-Waututh) Nation in recognition of our location on their traditional, ancestral and unceded territories.

On June 21, join colleagues and community members in celebrating National Indigenous Peoples' Day. Check Currents and vancouver.ca closer to the day for event details and other important resources.

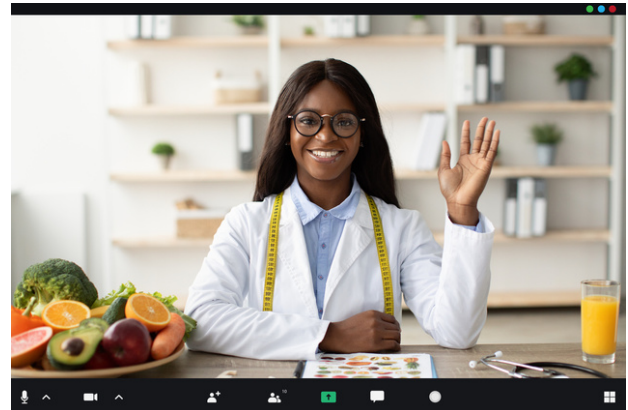
Ask The Expert through Green Shield Canada

Green Shield Canada's [Change4Life platform](#) now includes an [Ask The Expert](#) feature.

Check out the video library and earn points by viewing and rating each video and submitting a question. There are a variety of topics to choose from and they are updated regularly.

Ask The Expert video topics include:

- Financial Health
- Mental Health
- Nutrition
- Physical Health



Use the points you earn through Ask The Expert to bid on a variety of [Fit City Incentive Program](#) prizes. Prizes include a FitBit, Flexipass vouchers, Mobi passes, Compass Card passes, donations to the United Way, and gift cards to the Running Room, Park Board golf courses, Subway and Starbucks.

Available to City employees who receive health and dental benefits, [Change4Life](#) supports you in achieving your health and wellness goals. Visit [Change4Life Incentive Program](#) for details on how to create an account or contact fitcity@vancouver.ca for assistance. Ask The Expert can be found on the Spotlight or Learn & Earn pages on Chang4Life.

Join your colleagues in celebration at the City Service Awards

The City Service Awards is an employee recognition event where we celebrate the hard work, contributions and accomplishments of staff that make the City a great place to live, work and play.

Nominations are now closed, but you have until June 5 to vote for your People's Choice Award winner. The People's Choice Award honours an unsung hero (or group of heroes) who demonstrates unwavering commitment and heart to the work they do. Visit [Currents](#) to read the nomination stories and cast your one-time vote. If you're reading a printed version of this newsletter, contact Jordon Miller at Jordon.Miller@Vancouver.ca or 604-871-6247 for voting details.

This year's event will be held at the Vancouver Curling Club at Hillcrest Centre (4575 Clancy Loranger Way) on June 8 from 4-6:30 pm. All staff are invited to attend and enjoy a free dish from a food truck.



[Complete the RSVP form](#) to let us know you'll attend.

If you have any questions, or to RSVP directly, please contact [Jordon Miller](#).