

FIT CITY NEWS

Physical and mental health enhancement information for employees

Join our 2024 Sun Run team

Join our Fit City: City of Vancouver team and connect with friends and colleagues. Register as a runner, walker or wheelchair participant and you can choose between an in-person or virtual option to complete the 10 km route. The in-person event is on Sunday, April 21. Virtual runners can complete their run anywhere, any time between Friday, April 19 and Sunday, April 21.

Registration is now open at vancouver.sunrun.com. Select the "Join/Register for a team" option and choose the virtual or in-person option within the team division. You will need these details to join our team:

- **Team Name - Fit City: City of Vancouver**
- **Team Access Code - HELVSG**

Enjoy early-bird pricing until February 9, 2024. Share the experience and encourage others to register with you. All co-workers, colleagues, friends and family are welcome! The deadline to register for the City's team is March 8.

In preparation for the event, Kintec will be offering in-person weeknight [training clinics](https://vancouver.sunrun.com/kintec-training-programs) at their Vancouver, North Vancouver, and Burnaby locations. Register for clinics at vancouver.sunrun.com/kintec-training-programs.

Find out more about this year's Sun Run by visiting vancouver.sunrun.com/frequently-asked-questions.

Email fitcity@vancouver.ca if you have questions.



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NATURALS

Time to get your COVID-19 booster and flu shot

Fall is here, and the province has started to send out [COVID-19 booster invitations](#) by email or text message to everyone who has received a COVID-19 immunization in B.C.

Staff are encouraged to get their booster shots once they receive their invitation. As with your other COVID-19 vaccinations, we ask that you first make every reasonable effort to schedule the appointment at a time outside of work hours if possible; however if necessary you can request up to three hours paid leave to receive a vaccination or a booster against COVID-19.

This year, your invitation will include an option to [book your influenza \(flu\) shot](#) at the same time as your COVID-19 booster. Getting your flu shot is important, not only to reduce your risk from flu but also to help conserve health care resources. Flu shots are free for everyone aged six and above in BC.

Note: The province provides flu shots for the Vancouver Police Department and Vancouver Fire Rescue Services uniformed employees and those departments will be implementing specific arrangements for administration of their shots.

Resources to support you in caring for your intimate relationships

The relationships we form with other people are vital to our mental, emotional and physical well-being. But finding the time to care for, and nurture, our intimate relationships with others can be challenging. If you are experiencing issues within your intimate relationships, you are not alone.

As a source of support, the City's Employee Family Assistance Program provider Homewood Health offers professional guidance, resources and tools to help you improve and enhance your intimate relationships. All of these services are free, confidential and can be accessed by partners, spouses and dependent children too.

Homewood Health's Relationship Solutions coaching program can help you with:

- Communicating with your loved one
- Understanding the importance of honesty and forgiveness
- Resolving conflict and sorting out differences constructively
- Rekindling the spark in romantic relationships
- Juggling kids, work and your love life



Call 1-800-663-1142 to get started with Relationship Solutions; one of Homewood's relationship specialists will walk you through the types of resources that you might benefit from— coaching support, written materials, internet resources, and printed materials, personalized for you.

Relationship Counselling and Family Counselling are also available through Homewood Health. Counselling services can be offered face-to-face, over the phone or by video.

If you'd like to start with online learning, or if you're working with a coach our counsellor and want to add to your toolkit, you can find Resolving Conflict in Intimate Relationships on Homeweb.ca. This 120 minute e-course includes workbooks on understanding and resolving conflict, changing one's perspective and strengthening the friendship within the relationship. There are also webinars, podcasts and articles related to building and maintaining healthy relationships available on Homeweb.ca.

Support from Homewood Health is available 24 hours a day, seven days a week. Call 1-800-663-1142 or visit Homeweb.ca to get started.

New deals and discounts for staff



Take advantage of our Fit City deals and discounts to discover great local activities, facilities and retailers. Visit vancouver.ca/staff-discounts or scan the QR code for details on all the discounts available, including personal phone plans, entertainment and fitness. Check the webpage regularly for new and seasonal offers that may be time limited, such as the discounted tickets to KOOZA by Cirque du Soleil currently available until December 31, 2023.

Please note that proof of employment may be required to access the deals.

Is there a corporate discount you'd like to see? Reach out to fitcity@vancouver.ca to share your ideas.

