

HEALTHY  
WORKERS  
ARE HAPPY  
WORKERS



*BE ACTIVE. EAT HEALTHY. BE SMOKE FREE.*

**MULTICULTURAL**  
**HEALTH WEEK**  
HEALTHY WORKERS • 1-7 SEPTEMBER 2014

**Be Active. Eat Healthy. Be Smoke Free**

Tips for workers and employers to get healthy at work, visit the Multicultural Health Week website: [www.multiculturalhealthweek.com](http://www.multiculturalhealthweek.com) or call **02 9816 0347**.

For health resources in your language, visit the NSW Multicultural Health Communication Service website: [www.mhcs.health.nsw.gov.au](http://www.mhcs.health.nsw.gov.au).

