



Update from the CHRO

From Thought Leadership to Clinical Practice

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Multiple studies have demonstrated the importance of reducing stress and incorporating healthy breaks during the workday. That is why I am so pleased that we are reinstating [free massage services for our employees.](#)

Our employees work hard every day to further our mission and improve the lives of patients around the world. I am committed to creating a healthy work environment, and I encourage you to share details about the massage services with team members who could particularly benefit from a relaxing break.

A masseuse will be offering **free chair massages at the North Pavilion today, January 15 and Friday, January 22 at the Durham Centre.** We are doing a six-month trial of the program. Massages start at 11:00 am.

Please note that massages are first-come, first-served. **For the sessions today, employees need to sign up for a time slot on a sheet outside of NP 7013.** Starting January 22, an online form will be available to sign up for appointment times.

It is programs like this that make the DCRI truly a Workplace to Celebrate. Thank you for sharing the details with your team and reminding them that we value their hard work and dedication!

Thank you,

Nicole