



好心情@健康工作間約章 Joyful@Healthy Workplace Charter

香港基督教服務處培愛學校
HONG KONG CHRISTIAN SERVICE PUI OI SCHOOL

約章內容

我們重視員工擁有快樂和健康。

我們相信擁有快樂和健康的員工是機構長久成功的基石。

我們承諾推廣員工的身心健康，並以下列領域為重點：

- 1. 健康飲食
- 2. 體能活動
- 3. 心理健康

Charter Statement

We value having a joyful and healthy workforce.

We believe that having a joyful and healthy workforce is the cornerstone for the long term success of the organisation.

We pledge to promote physical and mental well-being among ourselves with emphasis on the following areas:

- 1. Healthy eating**
- 2. Physical activity**
- 3. Mental wellbeing**

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