

POLICY AND PROCEDURE MANUAL

POLICY: WELLNESS

L'Arche Antigonish encourages employees/assistants to take the opportunity to engage in physical activity, to promote health and wellness.

- L'Arche Antigonish will pay half the cost of membership of a wellness program to a maximum of \$35 per month for all permanent Assistants. Reimbursement will be on a monthly basis.
- L'Arche Antigonish will pay \$70 towards the cost of a wellness program for full time live in house assistants who are receiving a voluntary stipend.
- Any membership funding request must be pre-approved by the Community Leader.
- A receipt must be submitted for reimbursement.
- Only activities that promote physical activity will be considered for reimbursement.