

Health & Wellness Committee

Committee Members

The Health & Wellness Committee is made up of members from across the department with a range of experience, backgrounds, and roles.

The goal of the committee is to support member wellbeing by sharing resources, improving access to information, and helping connect members to support when needed.

Committee members volunteer their time and work collaboratively to guide the Health & Wellness Program.

Current Committee Members

(Listed alphabetically)

- **Ash Rempel** – Program Coordinator
604-499-3727 - Ashley Rempel
- **Bill Shokar** – 604-209-2460 - Bill Shokar
- **Chris Auer** – 604-290-4586 - Chris Auer
- **Christie Bruce** – 604-719-2726 - Christie Bruce

- **Doug Fairbank** – 778-988-2179 - Doug Fairbank
- **Dustin Javens** – 778-908-4409 - Dustin Javens
- **Harlee Bruce** - 705-931-4256 - Harlee Bruce
- **Michelle Fleury** - 604-698-7003 - Michelle Fleury
- **Jeff Gill** - 604-313-2545 - jgill@newwestcity.ca
- **Natalie Kroeker** - 604-788-8400 - Natalie Kroeker
- **Roxanne Grimbeek** - 604-616-0663 - Roxanne Grimbeek
- **Ryan Heaven** - 604-619-5562 - Ryan Heaven
- **Sean Lowden** - 604-996-6908 - Sean Lowden
- **Shane Poole** - 604-613-8785 - Shane Poole

What the committee does

The Health & Wellness Committee supports members by:

- Developing and maintaining Health & Wellness resources in the Members Portal
- Coordinating monthly Health & Wellness topics and participation initiatives
- Sharing information related to physical, mental, and occupational health
- Supporting awareness of benefits, screening programs, and available services
- Listening to member feedback and identifying opportunities to improve access to resources

The committee's role is informational and supportive. It does not replace medical professionals, mental health providers, peer support teams, or formal department processes.

Reaching the committee

Members are welcome to reach out to the Health & Wellness Committee with questions, suggestions, or general feedback related to wellness initiatives or resources.

If you're unsure who to contact, reaching out to **any committee member** is appropriate, and your inquiry can be directed as needed.

A note on confidentiality and boundaries

The Health & Wellness Committee is not a confidential support or crisis service. Committee members will treat questions and feedback with discretion and professionalism, but there may be limits to confidentiality depending on the nature of the inquiry.

If you are seeking confidential, clinical, or urgent support, please use the appropriate professional or emergency resources available to you.

Why this committee exists

Taking care of your health is part of staying fit for duty over the long term. Using benefits, participating in screening programs, and asking questions early can help prevent small issues from becoming larger ones.

The Health & Wellness Committee exists to help make this information easier to find, easier to understand, and easier to use.

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