

WRHA Staff Appreciation and Recognition (STAR) Employee Discount Program

The StAR Team continues to increase the variety of discounts being offered to healthcare employees working for the Winnipeg Regional Health Authority and its partner facilities, programs and agencies.

TO RECEIVE THE DISCOUNT LISTED, PRESENT YOUR WORK PHOTO ID BADGE OR PAYSTUB AT TIME OF PURCHASE (unless otherwise noted). If you encounter any difficulties please contact the WRHA StAR Team at 926-7002. WRHA is not responsible for any services or products offered through the WRHA StAR Employee Discount Program and makes no representations thereto. Discounts offered do not necessarily reflect the WRHA philosophy or perspectives.



Prairie CrossFit located at 3-12 McGillivray Place (corner of Pembina & McGillivray), is offering a **10% discount to all WRHA employees on memberships and services.**

WHAT IS CROSSFIT? CrossFit is a fitness program focused on maximizing a person's over all fitness potential. In other words, it strives to increase their all-around athleticism. By using constantly varied, functional movements executed at high intensity, we can improve the physical fitness of any individual. No machines here, you will learn to move your own body as well as external objects much like you would in everyday life.

Everyone can do CrossFit but it is not for everyone. CrossFit is hard work! There will be no magazine reading while pedaling here. The people who thrive from CrossFit are committed to hard work, dedicated to consistency, willing to try without fear of failure, and eager for challenge. Rarely will you do the same workout twice. Routine is our enemy and will lead to mediocrity, complacency, and injury.

Sounds interesting go to www.prairiecrossfit.com for more details.

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