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Prince Edward Island Union of Public Sector Employees

Member Sleigh Ride (February 23, 2025)

The UPSE PR/Recreation Committee invites members on sleigh rides at **Potts Sleigh Rides** in Bonshaw on **February 23, 2025** from **1:00 to 4:00** p.m. (*storm date March 2*).

Get ready for a delightful outing that promises to uplift your spirits and create lasting memories! We invite you to join us for a scenic sleigh ride at the beautiful **Potts Farm**.



Imagine gliding through a winter wonderland, surrounded by stunning landscapes and the gentle sound of hooves on snow. Potts' majestic horses will lead the way as we embark on a magical journey, where laughter and good times await.

This is a fantastic opportunity to relax, unwind, and connect with fellow members in a cozy, charming setting. Enjoy the fresh air, share stories, and embrace the joy of the season together!



Don't miss out on this enchanting experience! Bring your loved ones along for double the fun. Let's make this a day to remember!

We can't wait to see you there!

- ***Call the UPSE office to book your time.***
- ***Space is limited so call today.***
- ***Five passes per member (there is no charge).***

To register contact the Union office at 902-892-5335, toll free 1-800-897-8773, or e-mail peiupse@peiupse.ca.

Potts Farm is located at 439 Bonshaw Road, Bonshaw, PEI

PEI UPSE is proud to represent over 5000 members in the public and private sectors.

Harmony in the Multi-Generational Workplace

Participants will be presented with the profiles of a number of generations in the modern workforce from Baby Boomers (57-75 years), Generation X (41-56 years), Millennials (25-40 years) and Mature Generation Z (18-24 years).

• *given these characterizations (and sometimes generalizations): how can the generations work together in the many worksites in which UPSE members are employed?*

Date: February 19, 2025, 9:00 to 4:00 pm at the **UPSE office** (Contact UPSE by **February 13** to register, at **902-892-5335** or email **peiupse@peiupse.ca**)

Course: Welcome to UPSE

The **Welcome to UPSE** course is perfect for getting to know your union better.

- *learn about UPSE's history, evolution, and the union's structure and how it works*
- *learn about the tools you need to carry out your role within the union effectively*
- *learn about pensions and benefits*

Date: February 25, 2025, 9:00 to 4:00 pm at the **UPSE office** (contact UPSE by **February 19** to register, at **902-892-5335** or email **peiupse@peiupse.ca**)

Mental Health in the Workplace!

This course emphasizes the importance of maintaining good mental health and understanding mental health conditions.

- *learn about the nature of stress in the workplace and look at strategies to manage stress*
- *engage in discussion about the ways people can help themselves cope with the aftermath of traumatic situations at work so they can minimize the risk of suffering long term impacts on their mental health*

Date: March 4, 2025, 9:00 to 4:00 pm at the **UPSE office** (Contact UPSE by **February 26** to register, at **902-892-5335** or email **peiupse@peiupse.ca**)

Planning the Future/Financial Management

This course is intended for younger UPSE members. Pensions, investing, life insurance and health care protection will be discussed.

- *importance of retirement planning • plan and start early (financial plan, activity / lifestyle)*
- *review your pension statements for accuracy • review your health plan to determine your benefits*

Date: March 11, 2025, 9:00 to 4:00 pm at the **UPSE office** (Contact UPSE by **March 5** to register, at **902-892-5335** or email **peiupse@peiupse.ca**)

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