



# Hospital Emergency Day of Action

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## Join OPSEU Hospital Professionals Thursday Feb. 13

**Time:**

**Place:**



**Join 5,000 OPSEU Hospital Professionals across Ontario. Protesting is good for you.\* Join our fight against staff shortages, low wages and terrible working conditions in our hospitals.**

**Wear red if you can, your OPSEU sticker or button! Be visible. Be noticed. Be creative.**

\* HEALTHY PROTEST - A new British study says protesting may be good for your health. Research from Dr. John Drury suggests that taking part in campaigns, demonstrations, strikes or protests may help improve psychological and physical health. "The take-home message from this research therefore might be that people should get more involved in campaigns, struggles and social movements, not only in the wider interest of social change but also for their own personal good," he said.

**Hospital Professionals Division**

**Public, Professional and Proud**

For more information: [www.hospitalprofessionals.org](http://www.hospitalprofessionals.org) or e-mail [blinds@opseu.org](mailto:blinds@opseu.org)

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