

August 2022 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Positive Affirmation: "Conscious breathing is my anchor"	2	3	4 Journaling *Virtual Session 12:00-12:30 pm	5
8	9 Twice a Week Recipe Share: Protein Bars	10 *Virtual Running Clinic Repeat of June/July clinics 12:00-12:45 pm	11	12 *Virtual No Bake Class Protein Bars 12:00-12:45 pm
15 Journaling *Virtual Session 12:00-12:30 pm	16	17 Meditation *Virtual Session 12:10-12:30 pm	18	19
22	23 Twice a Week Recipe Share: Oatmeal Squares	24	25 Twice a Week Wellness Article: Micro-Breaks	26
29	30 Meditation *Virtual Session 12:10-12:30 pm	31	ComPsych Employee & Family Assistance Program 24/7 Support & Resources 866-606-6367 - guidanceresources.com Web ID: OUREFAP	

Journaling:

We will lead you through a short and reflective journaling session; no experience necessary.

Meditation:

Guided by a Wellness Coordinator, session themes change often for variety and inspiration.

No Bake Class:

Connect and follow along as we show you how to master fun and simple recipes.

Recipe Share:

Easy to prepare, tasty, and (usually) healthy recipes shared via Twice a Week.

Running Clinic:

A review of foot strike and breathing techniques that conserve energy and reduce injury risk.

***Virtual Access:**

Zoom Link: <https://ca01web.zoom.us/j/9802010871>

Passcode: 7918

Telephone: 647 374 4685 or 647 558 058

Meeting ID: 980 201 0871

Outlook Invitations:

Request via wellness@unityhealth.to