

DECEMBER 2022 WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GIFT OF GIVING WELLNESS CHALLENGE – Dec 01 to 31 Win PRIZES ~ Spread Joy! ~ Improve Your Wellbeing See Twice a Week for details or email wellness@unityhealth.to			1	2
5	6	7 Mountain Meditation *Virtual Session 9:10-9:30 am	8	9 Journaling *Virtual Session 12:00-12:30 pm
12 Compassion Meditation *Virtual Session 10:10-10:30 am	13 Twice a Week Recipe Share: Tea Poached Salmon with Fruit Salsa	14	15 Financial Wellness Webinar: Saving for Retirement 12:00-12:30 pm	16
19	20 Journaling *Virtual Session 12:00-12:30 pm	21	22	23
26 BOXING DAY	27 CHRISTMAS DAY (observed)	28	29	30

HOLIDAY CRAFTING MICRO-BREAKS!

The Wellness Coordinators we will be making rounds this month with holiday gift tags to help you spread some cheer and allow your mind a moment to relax. Take a well-deserved and creative break to customize your gift tags!

*Virtual Sessions:

Zoom Link: <https://ca01web.zoom.us/my/unityhealthwellness>

Passcode: 7918

Telephone: 647 374 4685 or 647 558 0588

Meeting ID: 980 201 0871

Outlook Invitations:

Request via wellness@unityhealth.to

DECEMBER 2022 WELLNESS CALENDAR

Session Descriptions:

- **Journaling:** We will lead you through a short and reflective journaling session; no experience necessary.
- **Meditations:** Please join fellow colleague Helen Munt for guided MBCT-informed meditations.
- **Recipe Share:** Easy to prepare, tasty, and (usually) healthy recipes shared via Twice a Week.
- **Saving for Retirement:** This webinar will cover a variety of topics related to RRSPs and Investment Planning Strategies.

HOLIDAY CRAFTING MICRO-BREAKS!

The Wellness Coordinators we will be making rounds this month with holiday gift tags to help you spread some cheer and allow your mind a moment to relax. Take a well-deserved and creative break to customize your gift tags!

*Virtual Sessions:

Zoom Link: <https://ca01web.zoom.us/my/unityhealthwellness>
Telephone: 647 374 4685 or 647 558 0588

Passcode: 7918
Meeting ID: 980 201 0871

Outlook Invitations:

Request via wellness@unityhealth.to