




## NOVEMBER 2022 WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 MBCT Mindful Movement PHC Room A225-A 10:10-10:30 am	3 <b>Journaling</b> *Virtual Session 12:00-12:30 pm	4
7	8 Twice a Week Recipe Share: Curried Cream of Parsnip and Carrot Soup	9 MBCT Mindful Movement SJHC 1B-105A Auditorium A 10:15-10:35 am	10	11 <b>REMEMBRANCE DAY</b>
 INTERPROFESSIONAL PRACTICE WEEK: <i>United Teams. Inspired Care.</i> NOVEMBER 14-18, 2022	15 <b>Journaling to Inspire Care</b> See below for details ...	16	17	 INTERPROFESSIONAL PRACTICE WEEK: <i>United Teams. Inspired Care.</i> NOVEMBER 14-18, 2022
21	22 <b>Journaling</b> *Virtual Session 12:00-12:30 pm	23 <b>Meditation</b> *Virtual Session 12:10-12:30 pm	24 <b>Financial Wellness Webinar: Mortgage Fundamentals</b> 12:00-12:30 pm	25
28 <b>Meditation</b> *Virtual Session 12:10-12:30 pm	29	30 MBCT Mindful Movement SMH PGT Room 1-702 900-920 am		

View the IPP Week full calendar of events on Twice a Week!

**Journaling to Inspire Care:** In support of Interprofessional Practice Week, this 30 minute in-person journaling session will provide time to reflect on how to bring your best self to your team. Sessions begin at 12:15pm on Tuesday November 15 at these locations:  
 SJHC: 1B-240 Conf Dining Room ~ SMH: 7-611 Donnelly Squires Room ~ PHC: C-303 Boardroom

**Wellness Walk-a-bouts:** Look for your Wellness Coordinator on the mornings of Tuesday November 15 (SJHC & SMH) and Friday November 18 (PHC). They will be bringing Wellness Carts around and encouraging everyone to pause for a quick break and enjoy a fun activity!

**\*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](mailto:wellness@unityhealth.to)

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### Session Descriptions:

- **Journaling:** We will lead you through a short and reflective journaling session; no experience necessary.
- **MBCT Mindful Movement:** Relax your body and connect to your breath. No experience necessary; all are welcome to join!
- **Meditations:** Guided by a Wellness Coordinator, session themes change often for variety and inspiration.
- **Mortgage Fundamentals:** This virtual webinar will equip you with the tools to support your home ownership goals this fall.
- **Recipe Share:** Easy to prepare, tasty, and (usually) healthy recipes shared via Twice a Week.

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