

HEALTHY WORKPLACE MONTH - October 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| 3 | 4 | 5 Breath Awareness Meditation *Virtual Session 9:00-9:20 am | 6 | 7 Journaling *Virtual Session 12:00-12:30 pm |
| 10 THANKSGIVING & WORLD MENTAL HEALTH DAY | 11 Twice a Week Recipe Share: Pumpkin Cranberry Muffin Squares | 12 | 13 Mountain Meditation *Virtual Session 12:00-12:20 pm | 14 PHC Crafting Session Room: A225-A 12:00-1:00 pm |
| 17 Flu Clinics Begin Today! SJHC & PHC until 23rd SMH until 30th | 18 SJHC Crafting Session 1B-240 Conf Dining Room 12:00-1:00 pm | 19 Loving Kindness Meditation *Virtual Session 3:00-3:20 pm | 20 SMH Crafting Session PGT Room 1-702 12:00-1:00 pm | 21 Yoga Class *Virtual Session 12:00-1:00 pm |
| 24 | 25 Self-Compassion Meditation *Virtual Session 12:30-12:50 pm | 26 Journaling *Virtual Session 12:00-12:30 pm | 27 Financial Wellness Webinar: *Virtual Session - Budgeting 101 12:00-12:30 pm | 28 |
| 31 | GRATITUDE JOURNAL CHALLENGE – OCT 10 to NOV 9 Win PRIZES ~ Give Thanks ~ Practice Positivity ~ Feel Joy! See Twice a Week for details or email wellness@unityhealth.to | | | |

***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

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Session Descriptions:

- **Crafting:** Join Wellness Coordinators Chantal, Andrew, and Scott for a fun and creative crafting break!
- **Budgeting 101 Webinar:** Examine planning strategies for major purchases like home ownership, vehicles, or a wedding.
- **Journaling:** We will lead you through a short and reflective journaling session; no experience necessary.
- **Recipe Share:** Easy to prepare, tasty, and (usually) healthy recipes shared via Twice a Week.
- **Yoga Class** Add some movement to your day with this virtual Yoga session – all experience levels welcome.
- **Meditations:** Join fellow colleague Helen Munt for a series of guided MBCT informed meditations.
 - **Breath Awareness:** Step out of autopilot and connect with the natural rhythm of the breath.
 - **Loving Kindness:** Cultivate a sense of care for ourselves and others.
 - **Mountain Meditation:** Find inner stability and peace during unpredictable and challenging times.
 - **Self-Compassion:** A practice to develop a sense of compassion towards ourselves.

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