

JANUARY 2023 WELLNESS CALENDAR

Main Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NEW YEAR'S DAY (observed)	3	4	5	6
9	10 Twice a Week Info Share: Smoking Cessation EFAP Resources	11 Mindful Movement @ SJHC 1B-106 Collaboratory 12:00-12:30 pm	12 BBSTE Meditation *Virtual Session 9:05-9:25 am	13
16 National Non-Smoking Week Jan 15-21	17 Twice a Week Recipe Share: Kale Salad with Bulgur	18	19 Mindful Movement @ PHC Room A-225A 12:00-12:30 pm	20 *Virtual Journaling Session Time Capsule Entries 12:00-12:30 pm
23 Mindful Movement @ SMH Bond 3015 Brian Darby Conf. Rm 1:00-1:30 pm	24	25 #BellLetsTalk Day https://letstalk.bell.ca/	26	27 Body Scan Meditation *Virtual Session 10:05-10:25 am
30	31 *Virtual Journaling Session Time Capsule Entries 12:00-12:30 pm	Alzheimer's Awareness Month: https://alzheimer.ca/en/take-action/change-minds/alzheimers-awareness-month		

***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

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

- BBSTE (Breath Body Sounds Thoughts Emotions)

Mindful Movement:

Relax your body and connect to your breath. No experience necessary; all are welcome to join!

Twice a Week Info Share:

Helpful resources shared from our Employee and Family Assistance Program

Twice a Week Recipe Share:

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