


# HEALTHY WORKPLACE MONTH - OCTOBER 2023

## -Main Events-

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> EFAP Mental Wellness Resource Microsite *Access Link Below	<b>3</b> Twice A Week EFAP Resource Share: Practicing Mindfulness	<b>4</b> Virtual Meditation: Setting Intentions 9:05-9:25am	<b>5</b> EFAP Orientation Webinar For Managers 1:00-2:00pm *Registration Link Below	<b>6</b> SJHC In-Person Activity: Express Yoga 1B-240 Conf Dining Room 12:00-12:30pm
<b>9</b> <b>THANKSGIVING</b>	<b>10</b> World Mental Health Day Conversation with Jay Shetty 2:00-3:00pm *Registration Link Below	<b>11</b> SMH In-Person Activity: Express Yoga 7-611 Donnelly Squires Room 12:00-12:30pm	<b>12</b> EFAP Orientation Webinar For Staff 1:00-2:00pm *Registration Link Below	<b>13</b> Virtual Meditation: Nurturing Self-Care 2:05-2:25pm
<b>16</b> Optimize Webinar: The Nutrition Stress Connection 12:10-1:00pm *Registration Link Below	<b>17</b> Optimize Webinar: Take the "Values" Challenge 12:10-1:00pm *Registration Link Below	<b>18</b> Optimize Webinar: Transform your Genes & Transform Yourself 12:10-1:00pm *Registration Link Below	<b>19</b> Optimize Webinar: Upward Thinking: Creating an Upward Spiral 12:10-1:00pm *Registration Link Below	<b>20</b> SJHC In-Person Activity: Express Yoga 1B-240 Conf Dining Room 12:00-12:30pm
<b>23</b> Virtual Meditation: Nurturing Self-Care 2:05-2:25pm	<b>24</b> PHC In-Person Activity: Mindful Movement A-225A Computer Classroom 12:00-12:15pm	<b>25</b> Great Wisdom Buddhist Institute Mindfulness & Meditation Workshop 2:00-3:00pm	<b>26</b> Twice A Week Recipe Share: Over the Rainbow Minestrone	<b>27</b> Virtual Meditation: Setting Intentions 9:05-9:25am
<b>30</b> PHC In-Person Activity: Mindful Movement A-225A Computer Classroom 12:00-12:15pm	<b>31</b> SMH In-Person Activity: Express Yoga PFLC PGT Room 1-702 12:00-12:30pm	Redeem Your Free Calm Subscription: 		

**Virtual Sessions:**

Link: <https://ca01web.zoom.us/my/unityhealthwellness>  
 Telephone: 647 374 4685 or 647 558 0588  
 Passcode: 7918  
 Meeting ID: 980 201 0871

**Colour Legend:**

SJHC In-Person Sessions  
 SMH In-Person Sessions  
 PHC In-Person Sessions  
 Info & Resource Sharing  
 Virtual Sessions

\*EFAP Mental Wellness Resource Microsite

\*World Mental Health Day Conversation with Jay Shetty:

\*Optimize Webinars:

\*Manager EFAP Orientation Registration Link:

\*Staff EFAP Orientation Registration Link:

Request Outlook Invitations:

<https://go.telushealth.com/en-ca/microsite-nurturing-mental-wellness-cultivating-compassion-in-the-workplace>

<https://rb.gy/gcbrh>

<https://www.livnorthvirtual.com/optimize>

[https://morneaushepell.zoom.us/webinar/register/WN\\_A3TbuMgSSA2Fgst\\_ML\\_dvQ#/registration](https://morneaushepell.zoom.us/webinar/register/WN_A3TbuMgSSA2Fgst_ML_dvQ#/registration)

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