

Lunch and Learn Virtual Series

Join in on a virtual seminar with TELUS Health. Each session is hosted on Zoom, and will bring in a different focus.

To register for a seminar send an email to wellness@waypointcentre.ca to secure your spot.



Setting and Achieving Your Goals

August 31, 2023
12:00-1:00pm



Healthy Kids

December 7, 2023
1:00-2:00pm



Boosting Your Positive Outlook

January 17, 2024
12:00-1:00pm



Living Well on Shift Work

March 8, 2024
12:15-1:15pm



Thinking Traps

April 17, 2024
1:00-2:00pm

Presented By:



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Setting and Achieving Your Goals

- Understand the benefits of goal setting.
- Design their personal goals using proven goal setting formulas.
- Implement effective strategies to measure goal achievement.

Healthy Kids

- Sleep
- Nutrition and Diet
- Exercise and Physical Activity
- Hydration
- Doctor Visits and Immunizations
- Dental Health
- Avoiding Toxins and Pollutants

Boosting Your Positive Outlook

- Define the term stress whirlpool.
- Understand how negative thoughts work and impact the body.
- Develop a strategy for combating negative thoughts and increasing their positive outlook.

Living Well on Shift Work

- Understand the impact of a shift work lifestyle.
- Recognize the stressors experienced as a result of working shifts.
- Implement tips and techniques to improve sleep, health, alertness, and relationships.

Thinking Traps

- To define cognitive thinking
- To become aware of both your own and others' negative thinking traps
- Begin to see how both you and others fall into these thinking traps so easily and how they can lead to performance and behaviour issues
- How to reverse these thinking traps for yourself
- Be able to help others reverse their thinking traps

Presented By:

