

STAFF WELLNESS PROGRAMS

OCTOBER

Legend

(Z) ZOOM (A) Atrium Gym
(P) Atrium Pool (W) Level 4 Gym
(S) Sports Court (AD) Auditorium
(W) Waterfront (B) Bay Cafe

Monthly Challenge

MINDFUL MOMENTS: AUTUMN EDITION

Take a mindful moment to connect with nature. Snap some pics of the fall colors and give your wellness a little seasonal boost. Sign out a Provincial Parks Pass and go explore those beautiful changing leaves!

Email wellness@waypointcentre.ca with your picture to be entered into the end of month draw, or to sign out the Provincial Parks Pass.

Weekends

Wellness Gym is available from 6:30am-9:00pm.

****All staff utilizing this space must complete orientation and waiver.****

Monday

Tuesday

Wednesday

Thursday

Friday

1 Mindfulness
9:00am (Z)
Yoga
12:00-12:30PM (A)
Intro to TELUS Health EAP
3:00-4:00 PM (Z)

2 Pickleball
12:00-1:00pm (A)

3 Mindfulness
9:00am (Z)

6 Mindfulness
9:00am (Z)
Wellness Swim (P)
11:45-12:30pm

7 Pickleball
12:00-1:00pm (A)
Wellness Swim (P)
11:45-12:30pm
Pet Visit (Front Lobby)
6:30-7:15pm

8 Mindfulness
9:00am (Z)
Yoga
12:00-12:30PM (A)

9 Pickleball
12:00-1:00pm (A)

10 Mindfulness
9:00am (Z)

13 **Wellness Gym Available from 6:30am--9:00pm.**

14 Pickleball
12:00-1:00pm (A)
Wellness Swim (P)
11:45-12:30pm
Pet Visit (Front Lobby)
6:30-7:15pm

15 Yoga
12:00-12:30PM (A)

16 Pickleball
12:00-1:00pm (A)

17 Mindfulness
9:00am (Z)

20 Mindfulness
9:00am (Z)
Wellness Swim (P)
11:45-12:30pm

21 Wellness Swim (P)
11:45-12:30pm
Pickleball
12:00-1:00pm (A)
Pet Visit (Front Lobby)
6:30-7:15pm

22 Mindfulness
9:00am (Z)
Yoga
12:00-12:30PM (A)

23 Pickleball
12:00-1:00pm (A)

24 Mindfulness
9:00am (Z)

27 Mindfulness
9:00am (Z)
Wellness Swim (P)
11:45-12:30pm

28 Wellness Swim (P)
11:45-12:30pm
Employee Health & Wellness Fair
10:30 - 1:00PM (B)
Pet Visit (Front Lobby)
6:30-7:15pm

29 Mindfulness
9:00am (Z)
Yoga
12:00-12:30PM (A)

30 Pickleball
12:00-1:00pm (A)

31 Mindfulness
9:00am (Z)

WELLNESS PROGRAMS

Wellness Swim

During Wellness Swim the pool is open using the Regional gym corridor.

Whether you are preparing for the next triathlon, or floating your cares away, there is a lane here for you!



Yoga

Join us for Yoga for All Levels every Wednesdays from 12:00 to 12:30 PM!

Experience movement, unwind your mind, and embrace a sense of Zen.



Mindfulness

Incorporating mindful practices into your daily routine can help calm anxiety and build healthy coping skills

Unable to attend the live zoom? Check out the 10 minute pre-recorded ones on the PHSW intranet page.



Pickleball

Pickleball is one of the fastest growing sports in Ontario! It combines tennis, badminton and table tennis.

Join in on the fun, Tuesdays & Wednesdays 12:00 -1:00pm

Atrium Gymnasium or Sports Court
All levels welcome



Pet Visits

Check out the atrium front lobby Tuesdays in October from 6:30-7:15pm to PAWS for a visit with Finnigan!

An alternative route will be available for those who prefer not to participate in the pet visit.



EMPLOYEE HEALTH & WELLNESS FAIR

Drop in to the Bay Cafe on Tuesday October 28th anytime from 10:30am-1:00pm to learn more about Waypoint Wellness!

Stepped Care Model

Frontline Wellness

Dimensions of Wellness

Ontario Structured Psychotherapy Program & More!



Wellness Gym

Utilize Waypoint's Wellness Gym located on the 4th floor of the Admin Building. A gym orientation and signed waiver must be complete before utilizing the gym. Wellness gym is only open to staff during specified hours.

Email wellness@waypointcentre.ca to learn more!



Additional Resources

Check out the TelusHealth (EAP) app and website for discounts, wellness challenges and additional supports!

SCAN ME

