STAFF WELLNESS PROGRAMS OCTOBER

Monday

Tuesday

Wednesday

Mindfulness

9:00am (Z)

Yoga

12:00-12:30PM (A)

Intro to TELUS Health EAP

3:00-4:00 PM (Z)

Mindfulness

9:00am (Z)

Yoga

12:00-12:30PM (A)

Thursday

Pickleball

12:00-1:00pm (A)

Pickleball

12:00-1:00pm (A)

Pickleball

12:00-1:00pm (A)

Pickleball

12:00-1:00pm (A)

Friday

Mindfulness 9:00am (Z)

Mindfulness 9:00am (Z)

> Wellness Swim (P) 11:45-12:30pm

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

Mindfulness 9:00am (Z)

> Wellness Swim (P) 11:45-12:30pm

Mindfulness 9:00am (Z)

> Wellness Swim (P) 11:45-12:30pm

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

> Wellness Swim (P) 11:45-12:30pm

Pet Visit (Front Lobby) 6:30-7:15pm

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

> Wellness Swim (P) 11:45-12:30pm

Pet Visit (Front Lobby) 6:30-7:15pm

Wellness Swim (P)

11:45-12:30pm

Pickleball

12:00-1:00pm (A)

Pet Visit (Front Lobby)

6:30-7:15pm

11:45-12:30pm

Employee Health &

Wellness Fair

10:30 - 1:00PM (B)

Pet Visit (Front Lobby)

6:30-7:15pm

28 Wellness Swim (P)

15

22

29

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

Mindfulness

9:00am (Z)

16

23

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

Mindfulness

9:00am (Z)

Yoga

12:00-12:30PM (A)

30

Pickleball 12:00-1:00pm (A) 10

Mindfulness 9:00am (Z)

17

Mindfulness 9:00am (Z)

24

Mindfulness 9:00am (Z)

31

Mindfulness 9:00am (Z)

Legend

(Z) ZOOM

(A) Atrium Gym

(S) Sports Court

(P) Atrium Pool

(W) Level 4 Gym (AD) Auditorium

(B) Bay Cafe (W) Waterfront

> 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.

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



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.



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

-****-\

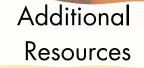
Stepped Care Model
Frontline Wellness
Dimensions of Wellness
Ontario Structured Psychotherapy Program
& More!



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!





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