

STAFF WELLNESS PROGRAMS SEPTEMBER

MONDAY

Mindfulness
(Z)
9:00am

No mindfulness Sept 1 & Sept 8

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

TUESDAY

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

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

WEDNESDAY

Mindfulness
(Z)
9:00am

No mindfulness Sept 10th

THURSDAY

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

FRIDAY

Mindfulness
(Z)
9:00am

SATURDAY & SUNDAY

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

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

MONTHLY CHALLENGE

INTELLECTUAL CHALLENGE

Complete the booklet as a team or individually and send back to wellness@waypointcentre.ca by
October 4th for a chance to win a prize!

Legend

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

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!



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 & Thursdays
12:00 -1:00pm
Atrium Gymnasium
All levels welcome



Upcoming Webinars

October 1st, 2024 3:00-4:00PM

Introduction to TELUS Health EAP

Want to learn more about our Employee Assistance Program through TELUS Health? Join our upcoming webinar to explore all the features TELUS Health EAP offers and discover how to navigate the platform.



Email wellness@waypointcentre.ca for the link.

Additional Resources

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

