

STAFF WELLNESS PROGRAMS MAY

Legend

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

Monthly Challenge

TELUS HEALTH CHALLENGE

Send an email to wellness@waypointcentre.ca with your top three discount/perk picks to join this month's challenge! To gain access to all the awesome discounts visit this link: <https://login.lifeworks.com/>

Weekends & Holidays

Wellness Gym is available from 6:30am-9:00pm.
All staff utilizing this space must complete orientation and waiver.

Monday

Tuesday

Wednesday

Thursday

Friday

4

5

6

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

2
Mindfulness
9:00am (Z)

5
Mindfulness
9:00am (Z)
Wellness Swim (P)
11:45-12:30pm

6
Pickleball
12:00-1:00pm (A/S)
Wellness Swim (P)
11:45-12:30pm
Bowling Tournament

7
Mindfulness
9:00am (Z)
Yoga
12:00-12:30pm
Atrium Gym

8
Pickleball
12:00-1:00pm (A/S)

9
Mindfulness
9:00am (Z)

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

13
Pickleball
12:00-1:00pm (A/S)
Wellness Swim (P)
11:45-12:30pm

14
Mindfulness
9:00am (Z)
Yoga
12:00-12:30pm
Atrium Gym

15
Pickleball
12:00-1:00pm (A/S)

16
Mindfulness
9:00am (Z)

19
Wellness Gym
Available from
6:30am-9:00pm.

20
Pickleball
12:00-1:00pm (A/S)
Wellness Swim (P)
11:45-12:30pm

21
Mindfulness
9:00am (Z)
Yoga
12:00-12:30pm
Atrium Gym

22
Pickleball
12:00-1:00pm (A/S)
**TELUS Health Info Session
(Z) 11:00am-12:00pm**

23
Mindfulness
9:00am (Z)

26
Mindfulness
9:00am (Z)
Wellness Swim (P)
11:45-12:30pm

27
Pickleball
12:00-1:00pm (A/S)
Wellness Swim (P)
11:45-12:30pm

28
Mindfulness
9:00am (Z)
Yoga
12:00-12:30pm
Atrium Gym

29
Pickleball
12:00-1:00pm (A/S)

30
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!



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!



Yoga

Join us for Yoga for All Levels every other Wednesday from 12:00 to 12:30 PM in the Atrium Gym!

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



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



May is Mental Health Awareness Month

May marks Mental Health Awareness Month, and the Canadian Mental Health Association has determined this year's theme as *'Unmasking Mental Health.'* [Find Out More Here](#)

Waypoint is actively promoting awareness through various initiatives taking place throughout the month. Get involved in one or all of the exciting events, including the Pickleball Fundraiser and Mental Health in Motion! For more information, please email wellness@waypointcentre.ca.

Additional Resources

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

