



Wellness @
WAYPOINT
RESOURCE LIST

Hello!

On behalf of all things wellness at this organization, I wanted to extend a message to share a variety of opportunities available! These services and resources are available for you to engage in to help continue to support your health and wellbeing, both while at work, and at home.

These resources are meant to be used throughout your day to help encourage feeling at your best, but also in response to when you may need them in the moment. Being aware of how important your personal level of wellness is, is instrumental to ensuring that you are encouraging your desired mood and energy, and taking intentional care of your overall wellbeing.

Each opportunity is accessible in a variety of platforms. The content is engaging and diverse, so that no matter where your interests, passions, or needs may be, there is an option available.

These resources are meant to be shared with family members as well.

Any questions, concerns, suggestions, or specific requests, please do not hesitate to reach out and connect! I look forward to hearing from you, working with you, and encouraging strategies that focus on wellbeing!

Liz Everett





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PHYSICAL WELLNESS

HIIT @ Lunch via Zoom -- To register email jillianlegros@waypointcentre.ca

Free Sample Workouts (PDF)-- click [HERE](#)

Staff Wellness Swims

Please email wellness@waypointcentre.ca to access the following:

Employee Wellness Gym & Seasonal program calendar

Provincial Parks Pass

Snow Shoe sign out (adult & child pairs available)

Meal Plan & Prep Modules- Updated monthly

Sleep & Wellbeing - mini kit



The logo features the text 'Wellness @' in a black script font, 'WAYPOINT' in a bold black sans-serif font, and 'RESOURCE LIST' in a smaller black sans-serif font below it. The text is centered within a white circular area that is part of a larger white graphic. This graphic includes several blue circular and crescent shapes: a large light blue circle at the top, a medium blue circle at the bottom left, and a thick blue crescent shape on the right side.

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EMOTIONAL WELLNESS

10 minute Mindfulness Meditations- Mondays & Fridays @ 9:00 am

Zoom Meeting ID 568 385 1644

8 Week Mindfulness Skills Group

Recorded Meditations click [HERE](#)

Internal Weather Report - daily energy & mood check in, recognition & action

Going Home Checklist click [HERE](#)

Please email wellness@waypointcentre.ca to access the following:

Highway to Well Wellness Kit

Habit Tracker, Intention/Gratitude prompts

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OVERALL WELLBEING

Highway to Well Webinars & Workbooks - each month explores
a new wellness dimension

Wednesdays at 12:00 PM via Zoom Meeting ID 568 385 1644

Highway to Well recorded sessions - on Intranet & YouTube


LifeWorks - FREE Employee Family Assistance Program- Counselling, self-
assessments, programming, modules, discount perks, and more!
email wellness@waypointcentre.ca for your unique code to register

Wellness @ Waypoint Facebook Page

T.I.S.T - 1:1 support & coping strategies

Frontline Wellness- Covid response & beyond

Quick Wellness breaks click [HERE](#)





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FAMILY/HOME

Please email wellness@waypointcentre.ca to access-

Kid Activity & Wellness Kits

Kid at-home themed Camps

Family Fun Calendars & resources

Special Events- activities, resources- individualized as needed*



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SOCIAL & TEAM WELLNESS

Please email wellness@waypointcentre.ca to access-

Team Challenges

Team activation activities

Highway to Well themed activities

Trivia, games, & puzzles

Gratitude Chain - nominate and send a wellness gift to a colleague

Break rooms, activities and connection

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