


DECEMBER 2024

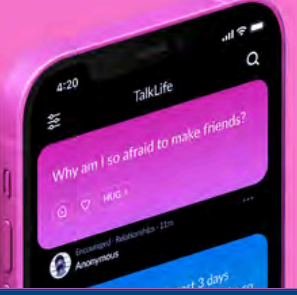
SUN	MON	TUE	WED	THU	FRI	SAT	
1  World AIDS Day December 1	2  WORLD AIDS DAY JOIN US FREE HIV TESTING & EDUCATION MONDAY, DECEMBER 2, 2024	3  Together we give. Dec 3, 2024 GIVING Tuesday	4  SUPERIOR Mental Wellness @ WORK	5 	6  WIN-WIN ORGANIZATIONS CHC	7 	
8 	9  Festival of Trees AGORA December 9th-19th	10	11 	12 	13	14	
15 	16	17	18  Dear Santa, WellU Wishlist	19	20  Jingle Mingle Friday, December 20 2:00 - 5:00 pm	21 	
22  Winter WellU Wishlist December 18th to January 5th Online	23	24 	25 	26 	27 	28	
29 	31  Cheers to a New Year		University Winter Closure Please be aware that the university will be closing Friday December 20th, 2024, reopening Thursday January 2, 2025.			EMPLOYEE BENEFITS  TELUS Health One  GreenShield+ Coverage + care built around you CHANGE 4LIFE Get Healthy. Get Rewarded. It's that simple.	

Don't struggle alone

TalkLife Workplace offers instant, anonymous, 24/7 peer-to-peer support



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 lakeheadu.ca/hr-events

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Cookie Exchange
Thursday Dec 5th



Holiday Makers Market
Wednesday Dec 11th



Employee Holiday Reception
Thursday Dec 12th

You are invited to create a Festive Tree with your department, club or centre for the

Festival of Trees
AGORA
December 9th-19th



Tree with the most votes WINS a Fire Pit Booking
Vote for your favourite tree with a non-perishable food donation to the Food Resource Centre

Lakehead University | Food and Conference Services | aramark | LUSU



Therapy Dogs
Tuesdays 11-12
SHW Activity Room

Tuesday Dec 3rd
11:00am - 12:00pm
SHW Activity Room



Lakehead Fresh Market
October 22
November 26
December 19th
Agora

Tuesday Dec 3rd
11:00am - 2:00pm
Agora



Mindful Meditation
Wednesdays and Thursdays,
11:15-11:45
SHW Activity Room

December 5, 6, 11 & 12th
11:15am - 11:45am
SHW Activity Room



Yoga

Saturday Dec 7th
11:00am - 12:00pm
SHW Activity Room

Free webinar!

Creating a Psychologically Healthy Workplace
Simple steps for workplace leaders

Learn about:

- The importance of taking intentional steps to support the mental health of your workforce - and the costs of doing nothing
- Simple steps any workplace leader can take, even those with competing priorities to start or continue building a psychologically healthy work environment
- Practical approaches in the areas of training, stigma reduction, strategy development, and communications
- General tips informed by best practices and backed by experience to ensure your efforts are worthwhile, valuable, and effective

Facilitator: Krystina Hunter of Hunter Workplace Consulting

Wednesday, December 4, 2024 from 10:00 - 11:00 am

Register at [SuperiorMentalWellnessAtWork.com](https://www.superiormentalwellnessatwork.com)

Interested, but can't attend? No problem! A link to the webinar recording will be sent to those who register.

Jingle & Mingle

President Gillian Siddall and her Executive Leadership Team with the Social Committee invite you to the annual holiday gathering to celebrate all we've accomplished together this year.

Decompress and connect with friends and colleagues as we set our intentions for a wonderful year ahead.

Friday, December 20
2:00 - 5:00 pm

The Outpost, Lakehead University
955 Oliver Rd, Thunder Bay, ON

Buffet dinner & dessert
Prizes, raffles & merrymaking!

To RSVP, scan the QR code or click the link below.

