

JUNE 2024

#OurTrailToWellness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1 It's Your Move 100 Hour Challenge TBAY On The Move: Active Commute
2	3	4	5	6	7	8
It's Your Move 100 Hour Challenge 13/05/2024 - 12:00pm to 01/09/2024 - 11:55pm TBAY On The Move: Active Commute Challenge 2024 01/06/2024 - 12:00am to 30/06/2024 - 11:55pm						
		Let's Get Active 04/06/2024 - 12:00pm to 1:30pm Active Commute Challenge Launch 04/06/2024 - 12:00pm to 1:00pm	Mindful Meditation 05/06/2024 - 11:45am to 12:15pm		Intro to Meditation 07/06/2024 - 4:00pm	
9	10	11	12	13	14	15
It's Your Move 100 Hour Challenge 13/05/2024 - 12:00pm to 01/09/2024 - 11:55pm TBAY On The Move: Active Commute Challenge 2024 01/06/2024 - 12:00am to 30/06/2024 - 11:55pm						
			Mindful Meditation 12/06/2024 - 11:45am to 12:15pm			
16	17	18	19	20	21	22
It's Your Move 100 Hour Challenge 13/05/2024 - 12:00pm to 01/09/2024 - 11:55pm TBAY On The Move: Active Commute Challenge 2024 01/06/2024 - 12:00am to 30/06/2024 - 11:55pm						
	Elevate Your Campus Experience: Campus Beautification Days 2024 17/06/2024 - 9:00am to 1:00pm	Elevate Your Campus Experience: Campus Beautification Days 2024 18/06/2024 - 9:00am to 1:00pm				
23	24	25	26	27	28	29
It's Your Move 100 Hour Challenge 13/05/2024 - 12:00pm to 01/09/2024 - 11:55pm TBAY On The Move: Active Commute Challenge 2024 01/06/2024 - 12:00am to 30/06/2024 - 11:55pm						
			Mindful Meditation 26/06/2024 - 11:45am to 12:15pm			
30	1	2	3	4	5	6
It's Your Move 100 Hour Challenge 13/05/2024 - 12:00pm to 01/09/2024 - 11:55pm TBAY On The Move: Active Commute Challenge 2024 01/06/2024 - 12:00am to 30/06/2024 - 11:55pm						



TBay On The Move: Active Commute... >

June 1, 2024 - 12:00am EDT
Lakehead Thunder Bay

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Let's Get Active >

June 4, 2024 - 12:00pm EDT
Wolf Den Gym



Active Commute Challenge Launch >

June 4, 2024 - 12:00pm EDT
Patterson Library Courtyard



Mindful Meditation >

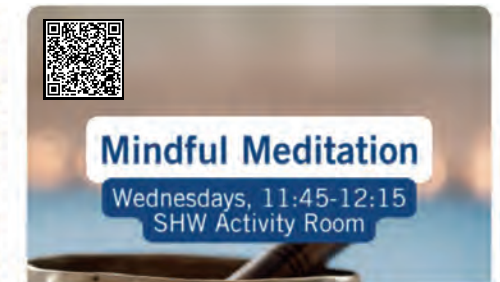
June 5, 2024 - 11:45am EDT
Student Health and Wellness Activity Room



Intro to Meditation >

June 7, 2024 - 4:00pm EDT
Email Based

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Mindful Meditation >

June 12, 2024 - 11:45am EDT
Student Health and Wellness Activity Room



Elevate Your Campus Experience: Campus... >

June 17, 2024 - 9:00am EDT
Various location across Lakehead Thunder Bay

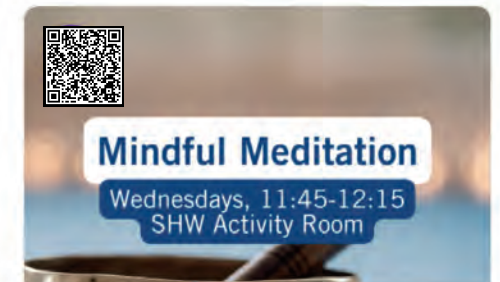
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Elevate Your Campus Experience: Campus... >

June 18, 2024 - 9:00am EDT
Various location across Lakehead Thunder Bay

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Mindful Meditation >

June 26, 2024 - 11:45am EDT
Student Health and Wellness Activity Room

OUR TRAIL TO WELLNESS NEWSLETTER
FOR THE STUDENTS AND EMPLOYEES OF LAKEHEAD UNIVERSITY

To subscribe to the *Our Trail to Wellness* newsletter, please scan the QR code or [sign up here](#).



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