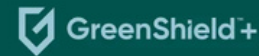


NOVEMBER 2024

ORILLIA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3	4	5	6	7	8	9
	(OR) Mental Health Mondays - No Stigma November Kickoff 04/11/2024 - 11:00am to 1:00pm	Therapy Dogs 05/11/2024 - 11:00am to 12:00pm Lakehead Fresh Market 05/11/2024 - 11:00am to 2:00pm	Mindful Meditation 06/11/2024 - 11:15am to 11:45am	Mindful Meditation 07/11/2024 - 11:15am to 11:45am Therapy Dogs 07/11/2024 - 2:00pm to 3:00pm	(OR) Flu Shot Clinic at HP 08/11/2024 - 1:00pm to 3:00pm	Yoga 09/11/2024 - 11:00am to 12:00pm
10	11	12	13	14	15	16
	safeTALK 11/11/2024 - 1:00pm to 4:30pm	Therapy Dogs 12/11/2024 - 11:00am to 12:00pm (OR) Flu Shot Clinic 12/11/2024 - 1:00pm to 3:00pm	(OR) World Kindness Day 13/11/2024 - 10:00am to 12:00pm Mindful Meditation 13/11/2024 - 11:15am to 11:45am	Mindful Meditation 14/11/2024 - 11:15am to 11:45am Let's Get Active: Bocce/Boccia 14/11/2024 - 12:15pm to 1:00pm (OR) safeTALK 14/11/2024 - 12:30pm to 4:30pm Therapy Dogs 14/11/2024 - 2:00pm to 3:00pm		Yoga 16/11/2024 - 11:00am to 12:00pm
		19	20	21	22	23
		Therapy Dogs 19/11/2024 - 11:00am to 12:00pm Lakehead Fresh Market 19/11/2024 - 11:00am to 2:00pm	Mindful Meditation 20/11/2024 - 11:15am to 11:45am	Mindful Meditation 21/11/2024 - 11:15am to 11:45am Therapy Dogs 21/11/2024 - 2:00pm to 3:00pm		Yoga 23/11/2024 - 11:00am to 12:00pm
	26	27	28	29	30	
	Therapy Dogs 26/11/2024 - 11:00am to 12:00pm	Mindful Meditation 27/11/2024 - 11:15am to 11:45am	Mindful Meditation 28/11/2024 - 11:15am to 11:45am Therapy Dogs 28/11/2024 - 2:00pm to 3:00pm		Yoga 30/11/2024 - 11:00am to 12:00pm	

EMPLOYEE BENEFITS



Coverage + care built around you

CHANGE 4LIFE Get Healthy. Get Rewarded. It's that simple.

TELUS Health One



Download on the App Store GET IT ON Google Play

MENTAL HEALTH MONDAYS
No Stigma November
November 4, 11am - 1pm
Orsi Family Learning Commons & OA 2014

(OR) Mental Health Mondays - No Stigma... >
November 4, 2024 - 11:00am EST
Orsi Family Learning Commons & OA 2014

Flu Shot Clinic
Heritage Place: Nov 8th, 1-3pm

(OR) Flu Shot Clinic at HP >
November 8, 2024 - 1:00pm EST
Heritage Place

World Kindness Day
November 13th, 10am - 12pm
Orsi Family Learning Commons

(OR) World Kindness Day >
November 13, 2024 - 10:00am EST
Orsi Family Learning Commons

safeTALK

(OR) safeTALK >
November 14, 2024 - 12:30pm EST
Alumni Commons



lakeheadu.ca/hr-events

THUNDERBAY

Yoga

Yoga >
Saturdays
11:00am - 12:00pm
SHW Activity Room

Therapy Dogs
Tuesdays 11-12
SHW Activity Room

Therapy Dogs >
Tuesdays
11:00am - 12:00pm
SHW Activity Room

Lakehead Fresh Market
October 22
November 5th
December 3rd
Agora

Lakehead Fresh Market >
November 5, 2024 - 11:00am EST
Agora

Don't struggle alone
TalkLife Workplace offers instant, anonymous, 24/7 peer-to-peer support

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

Mindful Meditation >
Wednesdays & Thursdays
11:15am - 11:45am
SHW Activity Room

Therapy Dogs

Therapy Dogs >
Thursdays
2:00pm - 3:00pm
SAS Access Lounge
SC 0004

safeTALK

safeTALK >
November 11, 2024 - 1:00pm EST
Student Health and Wellness Activity Room

LET'S GET ACTIVE
LAKEHEAD STAFF, FACULTY & GRADUATE STUDENTS!
Monthly opportunities for wellness & connection

Let's Get Active: Bocce/Boccia >
November 14, 2024 - 12:15pm EST
The Hangar