

OCTOBER 2024

#OurTrailToWellness



Therapy Dogs
Tuesdays 11-12
SHW Activity Room

Therapy Dogs >

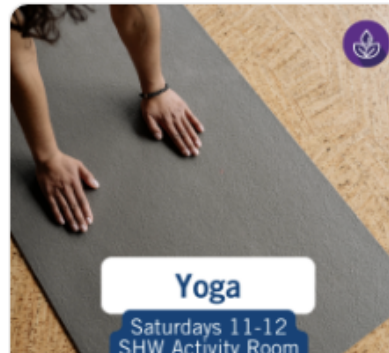
Tuesdays
11:00am - 12:00pm
Student Health and
Wellness Activity Room



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

**Mindful
Meditation >**

**Wednesdays &
Thursdays***
11:15am - 11:45am
SHW Activity Room
*Excludes Oct 31/24



Yoga
Saturdays 11-12
SHW Activity Room

Yoga >

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



Therapy Dogs >

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



**Staff & Faculty
Coffee Break**

Agora
Friday, October 4th
1:30 - 3:30 p.m.

REGISTER NOW



LAKEHEAD UNIVERSITY
HOMECOMING

**Our Trail to
Wellness**
Lakehead University Wellness Strategy

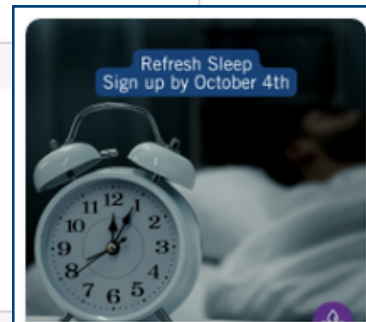
Students, Faculty & Staff
Share Your Feedback

Help us gain insight into our progress and identify key areas of importance and focus for this next year. Take the Lakehead University Wellness Strategy Pulse Check

Scan the QR code and take the Pulse Check now!

Lakehead UNIVERSITY lakeheadu.ca/trailtowellness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1	2	3	4	5
◀ Share your Feedback, Take the Wellness Strategy Pulse Check 16/09/2024 - 12:00am to 07/10/2024 - 11:55pm						
		Therapy Dogs 01/10/2024 - 11:00am to 12:00pm	Mindful Meditation 02/10/2024 - 11:15am to 11:45am	Mindful Meditation 03/10/2024 - 11:15am to 11:45am	Staff & Faculty Coffee Break 04/10/2024 - 1:30pm to 3:30pm	Yoga 05/10/2024 - 11:00am to 12:00pm
		(OR) Therapy Dogs 01/10/2024 - 1:30pm to 2:30pm		Therapy Dogs 03/10/2024 - 2:00pm to 3:00pm	Refresh Sleep Program 04/10/2024 - 2:30pm	(OR) Sisters in Spirit 04/10/2024 - 6:00pm to 8:00pm
6	7	8	9	10	11	12
◀ Share your Feedback, Take the Wellness Strategy Pulse Check						
		Therapy Dogs 08/10/2024 - 11:00am to 12:00pm	Mindful Meditation 09/10/2024 - 11:15am to 11:45am	Mindful Meditation 10/10/2024 - 11:15am to 11:45am		
				Therapy Dogs 10/10/2024 - 2:00pm to 3:00pm		
	14	15	16	17	18	19
		Therapy Dogs 15/10/2024 - 11:00am to 12:00pm	Mindful Meditation 16/10/2024 - 11:15am to 11:45am	Mindful Meditation 17/10/2024 - 11:15am to 11:45am		Yoga 19/10/2024 - 11:00am to 12:00pm
				Therapy Dogs 17/10/2024 - 2:00pm to 3:00pm		
	21	22	23	24	25	26
		Therapy Dogs 22/10/2024 - 11:00am to 12:00pm	Mindful Meditation 23/10/2024 - 11:15am to 11:45am	Mindful Meditation 24/10/2024 - 11:15am to 11:45am		Yoga 26/10/2024 - 11:00am to 12:00pm
				Therapy Dogs 24/10/2024 - 2:00pm to 3:00pm		
	28	29	30	31	1	2
		Therapy Dogs 29/10/2024 - 11:00am to 12:00pm	Mindful Meditation 30/10/2024 - 11:15am to 11:45am	Therapy Dogs 31/10/2024 - 2:00pm to 3:00pm		



Refresh Sleep
Sign up by October 4th

**Refresh Sleep
Program >**

October 4, 2024 - 2:30pm

EDT

Email Based



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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Therapy Dogs
October 1st, 1:30pm - 2:30pm
Orsi Family Learning Commons

**(OR) Therapy
Dogs >**

October 1, 2024 - 1:30pm
EDT
Orsi Family Learning
Commons

Sisters in Spirit
Community Gathering & Sacred Fire

Friday October 4th
6pm - 8pm
Lakehead University, 500 University Ave, Orillia
Room OA 1033

**(OR) Sisters in
Spirit >**

October 4, 2024 - 6:00pm
EDT
OA 1033

THUNDER BAY

lakeheadu.ca/hr-events

ORILLIA