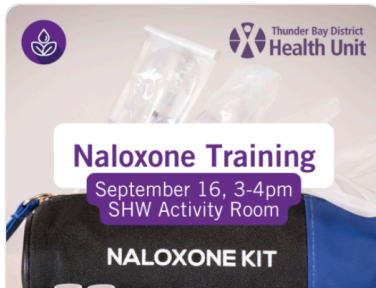




safeTALK >

September 10, 2024 - 12:30pm EDT
Student Health and Wellness Activity Room

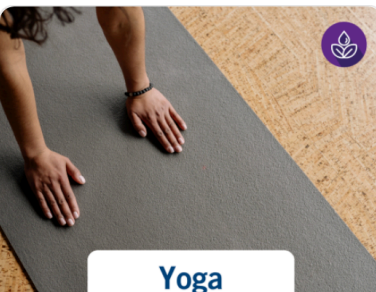
[SIGN UP HERE](#)



Naloxone Training >

September 16, 2024 - 3:00pm EDT
Student Health and Wellness Activity Room

[SIGN UP HERE](#)



Yoga >

September 21, 2024 - 11:00am EDT
SHW Activity Room



Yoga >

Yoga >

September 14, 2024 - 11:00am EDT
SHW Activity Room



Therapy Dogs >

September 17, 2024 - 11:00am EDT
Student Health and Wellness Activity Room



Therapy Dogs >

September 24, 2024 - 11:00am EDT
Student Health and Wellness Activity Room

SEPTEMBER 2024

#OurTrailToWellness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10 safeTALK 10/09/2024 - 12:30pm to 4:30pm (OR) safeTALK 10/09/2024 - 12:30pm to 4:30pm	11	12 Therapy Dogs 12/09/2024 - 2:00pm to 3:00pm	13	14 Yoga 14/09/2024 - 11:00am to 12:00pm
15	16	17	18	19	20	21
Share your Feedback, Take the Wellness Strategy Pulse Check 16/09/2024 - 12:00am to 07/10/2024 - 11:55pm						
	Naloxone Training 16/09/2024 - 3:00pm to 4:00pm	Therapy Dogs 17/09/2024 - 11:00am to 12:00pm (OR) Naloxone Training 17/09/2024 - 11:30am to 12:30pm (OR) Therapy Dogs @HP 17/09/2024 - 1:30pm to 2:30pm	Mindful Meditation 18/09/2024 - 11:15am to 11:45am	Mindful Meditation 19/09/2024 - 11:15am to 11:45am (OR) Yoga 19/09/2024 - 12:30pm to 1:15pm Therapy Dogs 19/09/2024 - 2:00pm to 3:00pm	Campus Beautification Day 20/09/2024 - 11:00am to 2:00pm	Yoga 21/09/2024 - 11:00am to 12:00pm
22	23	24	25	26	27	28
Share your Feedback, Take the Wellness Strategy Pulse Check 16/09/2024 - 12:00am to 07/10/2024 - 11:55pm						
		Therapy Dogs 24/09/2024 - 11:00am to 12:00pm	Mindful Meditation 25/09/2024 - 11:15am to 11:45am	(OR) Puppy Social 26/09/2024 - 10:00am to 11:30am Mindful Meditation 26/09/2024 - 11:15am to 11:45am Therapy Dogs 26/09/2024 - 2:00pm to 3:00pm	(OR) Wiigwasitig Gitigaan 'Birch Tree Garden' Harvest with ONWG 27/09/2024 - 10:00am to 12:00pm	Yoga 28/09/2024 - 11:00am to 12:00pm

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](#).



Check out **Change4Life**[®]
Get Healthy. Get Rewarded.

Monthly and quarterly bonus draws all year!

Don't struggle alone

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

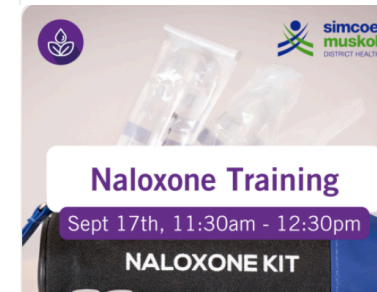
Download on the App Store | GET IT ON Google Play



(OR) safeTALK >

September 10, 2024 - 12:30pm EDT
Alumni Commons

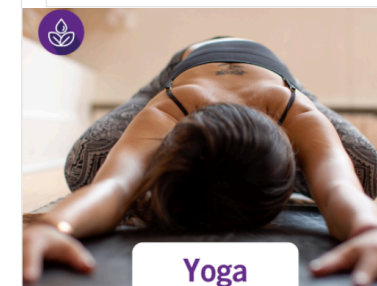
[SIGN UP HERE](#)



(OR) Naloxone Training >

September 17, 2024 - 11:30am EDT
Alumni Commons

[SIGN UP HERE](#)



(OR) Yoga >

September 19, 2024 - 12:30pm EDT
Field Outside Simcoe Hall

THUNDER BAY

lakeheadu.ca/hr-events

ORILLIA