

WELLNESS CALENDAR 2019

JUNE - AUGUST

With the results of the GoalsIQ survey, the focus this year is on Mental, Physical and Financial Wellness.



June 10

We Run T.O Begins

Get your heart pumping with the *We Run T.O* walk/ run club. Interested individuals may meet in the lobby at either 12:00 p.m. or 12:30 p.m. for 15 to 20 minute sessions daily. *Ongoing until Sept.

Sports Season Begins

Gather some friends and head outside to play sports in the park. Equipment includes a soccer ball, football and badminton. Interested individuals may meet in the lobby at either 12:00 p.m. or 12:30 p.m. *Ongoing until Sept.

July 5

Heart & Stroke Big Bike

Laugh with co-workers, get some heart-pumping exercise in the middle of your day, and breathe fresh air. Riding the Big Bike feels good in so many ways! And nothing feels better than knowing you're helping to fund heart and stroke research. *For those registered.

July 26

Company BBQ

Enjoy the summer sunshine, hot food and cold drinks with your Canada Protection Plan family.

To be confirmed

Ice Cream Day



June 13

Coffee Run

Visit *Cafe La Vie* and purchase a specialty coffee and baked good from your favourite Canada Protection Plan baristas. All proceeds will go towards the Heart & Stroke Big Bike charity.

June 19

Onsite & Offsite Massage (Sponsored by Cindy & Mike)

Sit back and relax with 15 minute massages that focus on key tension areas in the neck, back, shoulders and arms. For those offsite, please submit a massage receipt to HR by July 19 to receive a \$25 reimbursement towards your massage. *This will be the first of two sessions available (September).

July 10

Seminar: Stress Buster

When stressors overwhelm us, effective techniques can help bring us back to equilibrium. The seminar will focus on stress management strategies and discuss how these skills can be applied in your daily life.

August 7

Nutritionist Lunch & Learn

This seminar will provide education surrounding macro-nutrients, insight to make healthier choices and tips on how to modify snacking habits for the busy individual. *Optional.