



## Wellness Weekly

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### KEYNOTE OCTOBER 5TH

Michelle MacIntosh, MSW (pictured at right) will be delivering this year's Healthy Workplace Month keynote presentation on **Monday October 5th noon—1:30 PM in CIBC Hall.**

Her dynamic presentation will inspire all attendees to live by C.H.O.I.C.E.—Michelle's model for personal empowerment. Based upon the core values of Character, Humility, Optimism, Integrity, Care of Self and Energy, C.H.O.I.C.E. is a model that will help you create a stronger foundation and passion for life, with simple tips to help you at work and at home!

Please pre-register. Seating is limited. Light refreshments will be available.



### HEALTHY WORKPLACE AMBASSADOR AWARD 2009

#### Nominations: Oct. 5th - Oct. 23rd

Do you have a colleague who has demonstrated unequalled personal effort to foster employee health and well-being? Please consider submitting a nomination for the Healthy Workplace Ambassador Award—to be presented at the Healthy Workplace Fair on October 29th.

Simply explain how the nominee has affected you personally or others at the University by encouraging healthy living, healthy relationships at work, achieving work and home balance or being supportive in an emotionally difficult time at home or work.

### October is Breast Cancer Awareness Month

To that end, Titles Bookstore, along with 21 other universities and colleges across Canada, is selling special \$10 t-shirts with net proceeds (a **total of \$6 per t-shirt**) to the Canadian Breast Cancer Foundation.

### HEALTHY WORKPLACE MONTH EVENT HIGHLIGHTS

#### Registration is now open for this year's events!



- Learn about C.H.O.I.C.E. on October 5th at 12noon
- Take a hike on October 8th at 11:45 AM
- Lower your blood pressure with tips from Dr. Rosenfeld on October 13th at 1:15 PM
- Check your blood pressure at clinics on October 14th (MUSC) and October 15th (DTC)
- Sleep better! Learn how on October 20th at noon
- Practise relaxation techniques with Dr. Cooper on October 22nd at noon
- Visit the Healthy Workplace Health Fair in CIBC Hall on October 29th from 10:30 am—1:30 PM

The Wellness Weekly is written by Liz Way Healthy Workplace Program Coordinator

**Note:** The contents of The Wellness Weekly are intended for general informational purposes and are not a substitute for proper medical advice. Please consult your family physician or health care professional before beginning any exercise regime—especially if you are: pregnant, nursing or have chronic health concerns. Discontinue any exercise that causes you pain and seek immediate medical treatment.