

# Winter Wellness

Join us for two weeks of fun, interesting and challenging activities for all Western employees that span the seven domains of wellness.



[Living Well @ Western](#) provides free wellness activities that span the seven domains of wellness, intended to maintain and improve employee well-being. Come join us!

Scan Me



Book your spot online for all the activities

Scan Me

12  
Feb

## Living Well @ Western: Rise & Shine Yoga

This moving meditation is a choreography of breath and movement to help focus the mind on the present moment and improve mobility as well as enhance concentration.

## Webinar: The art of managing conflict

This seminar will provide participants with a framework for assessing the types of conflict common in the workplace and propose strategies for their resolution.

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Feb

## Living Well @ Western: Yoga with Tracy

This activity class focuses on improving posture, balance, coordination, strength and breath control by practicing a series of physical postures.

## Living Well @ Western: Zen Meditation Break

Chairs, yoga mats and cushions are available; you are welcome to bring your favourite yoga mat or cushion for a more comfortable experience.

## Webinar: (SunLife) Put your plan to work

During this session, you'll learn more about how to navigate the investments offered under the plan and stay on track with your saving.

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Feb

## Living Well @ Western: 20 Minutes Body Weight Workouts

There will be two 20-minute classes back-to-back. You can come for 1 or stay for both; these classes are allowing you more flexibility to attend!

## Sexual Wellness Fair

Come out to the UCC Atrium to learn more about the sexual health and wellness resources available to you on campus and in our community. Whether for yourself, your children, or your students, staying up-to-date with the latest information about sexual health is important to help destigmatize and celebrate sexual health for all.

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15  
Feb

## Living Well @ Western: Rise & Shine Yoga

This moving meditation is a choreography of breath and movement to help focus the mind on the present moment and improve mobility as well as enhance concentration.

## Webinar: The Sandwich Generation

This seminar will encourage participants to tune into important considerations in their lives with, as well as caring for themselves.

## Webinar: (Sunlife) Staying the Course

Learn more about how to navigate your investments and stay on track with your savings goals even during uncertain times.

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Feb

## Webinar: More than the birds and the bees

As adults we understand that we are creating the foundation for our children's future relationships with their bodies and themselves, but knowing how to do that can sometimes be difficult. This interactive session will provide tangible strategies for how to move away from the one-and-done 'birds and bees' conversation, and instead be more intentional in how we weave those values throughout our daily interactions whether with our small children or young adult children.

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**19**  
**Feb**

## Family Day

Enjoy some great time with your family!

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**20**  
**Feb**

### [Living Well @ Western: Yoga with Tracy](#)

This activity class focuses on improving posture, balance, coordination, strength and breath control by practicing a series of physical postures.

### [Living Well @ Zen Meditation Break](#)

Chairs, yoga mats and cushions are available; you are welcome to bring your favourite yoga mat or cushion for a more comfortable experience.

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**21**  
**Feb**

### [Webinar: Getting Restful Sleep](#)

This seminar will also describe sleep's vital role in maintaining health along with valuable and practical tips and strategies that participants can apply to get quality, restful sleep and stay alert.

### [Living Well @ Western: 20 Minutes Body Weight Workouts](#)

There will be two 20-minute classes back-to-back. You can come for 1 or stay for both; these classes are allowing you more flexibility to attend!

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**22**  
**Feb**

### [Living Well @ Western: Rise & Shine Yoga](#)

This moving meditation is a choreography of breath and movement to help focus the mind on the present moment and improve mobility as well as enhance concentration.

### [Living Well @ Western: Zumba](#)

### [Webinar: Telus Health: Effective Communication at work](#)

This seminar will examine both of these essential sides of the communication equation, address key communication elements, and show participants how to present messages in a way that is more compatible with the receiver's style.

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**23**  
**Feb**

### [Open Skate & Open Track](#)

Join your colleagues at an open skate and/or use the indoor walking track, anytime between 11 a.m. -12:30 p.m.

There will be hot chocolate and cookies!