
Canada's Healthy Workplace Month will take place from Oct 1 – 31. The 2012 theme is: **Life-Work Harmony... Working Toward a Great Life!**

The Wellness Committee would like to take this opportunity to bring health and wellness information and resources to where you are – at work! Our Life Balance Fair will take place **Wednesday November 7 from 10 am – 1 pm, on the track of the 1st Choice Savings Centre for Sport and Wellness.**

As individuals and employees, we face a never ending cycle of stress, which is seen as common place in our society, workplace and personal lives. The Wellness Committee is using this opportunity to increase employees' awareness of the importance of workplace health in order to optimize personal and organizational performance.

Therefore, on behalf of the Wellness Committee, you are invited to participate in the 6th Annual Life Balance Fair. Please join us in exploring a diverse selection of health and wellness resources available on our campus and within our community. The opportunity to be actively involved in learning about these benefits along with a light healthy lunch will be available.

See you all there!!

Prizes, Prizes, Prizes!

Bring your team/department to the fair and sign up for the **“Off Balance Team Challenge”**. The team who bring the most employees will win a team prize sponsored by **LA Chefs!**

And don't forget the **“Bring a Friend – from another Department”** challenge

Don't miss out on the many draw prizes!



Thanks to our many donors and sponsors: AUPE, LA Chefs, Everything Wine, Sun Life, Alberta Blue Cross, U of L Sport and Rec Services as well as all of our exhibitors!

All this and lunch too!



6th Annual Life Balance Fair

Life-Work Harmony... Working Toward A Great Life!

For U of L Employees



Nov 7 – from 10 – 1 on the Track of the 1st Choice Savings Centre for Sport and Wellness

Students Welcome!

Submit your healthy recipes by **Nov 5** to wellness@uleth.ca with the heading “Recipe”

OR

Detach this box and staple it to your hardcopy and send through campus mail to Suzanne McIntosh (5217)

Exhibitors

1. Check-In - Wellness Committee (Entrance)
2. U of L Employee **Health and Wellness Survey**
3. Dr. Gerard Dower Chiropractic Services
4. Alberta Health Services Building Healthy Lifestyles – Weight Management Series
5. Rebound Health Centre
6. Lethbridge Orthotics
7. The Kidney Foundation
8. Able Dental Group – Snoring and Sleep Apnea
9. Hi-Tech Bracing
10. Alberta Health Services – Addiction and Mental Health
11. Homewood Human Solutions – Employee and Family Assistance Program Provider
12. U of L Library
13. Campus Roots Community Garden Association
14. Priscilla Peltier – Herbalist/Nutritional Consultant
15. McLeod Family Chiropractic
16. The Lethbridge Sleep Clinic
17. Stamina Therapy Clinic
18. Helen Schuler Nature Centre
19. North Valley Hospital – Whitefish Montana
20. White Fish Resort
21. Alberta Blue Cross – Health and Wellness Companion
22. U of L Benefits
23. Allied Arts Council
24. Nirvana Energy
25. St. John Ambulance
26. East Meets West – Acupuncture and Massage

Exhibitors

27. U of L Women’s Centre
28. Canadian Mental Health Association
29. Alzheimer’s Society
30. Look Good, Feel Good – Hair and Makeup for cancer patients
31. Life Care Canada – Weight Loss and Health Centre
32. Holmes Water Services
33. The Medicine Tree - Quantum Biofeedback Technician and BearPaw Massage
34. Runner’s Soul
35. Step Into Wellness - Reflexology
36. U of L Conference and Event Services
37. Lethbridge Parks and Recreation Services
38. Health Check for U – Vascular Screening
39. U of L Health Centre - Flu Shots
40. RBC – Financial Planning
41. Office of the Public Guardian – Personal Directive
42. U of L Risk and Safety Services
43. U of L Joint Worksite Health and Safety Committee
44. U of L Fitness Centre
45. Herbalife – Nutrition and Weight Management
46. U of L Stretch and Strengthen Program
47. Connected Fitness
48. U of L Bookstore
49. U of L Fine Arts
50. Melissa Wiebe – Zumba Information
51. Money Mentors – Financial Coaching
52. Chinook Respiratory Care – Sleep Apnea
53. Alberta Health Services – Laughter Fitness, Smile Science & Activations
54. AUPE
55. CBI Health – Physiotherapy
56. U of L Daycare

Demonstrations

11:30 - Zumba with Melissa Wiebe

12:00 – Laughter Fitness, Smile Science & ‘the Long Exhale’ with Lynne Hunter-Johnson

12:30 – Karate with Rob Malmberg and Crew

Information Sessions

10:00 – Stress Busters I Room TH173

1:00 – Stress Busters II Room D634

2:30 – 4:30 Mini-Massage – Room TH141

For more info contact:

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Wellness Coordinator

5217

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Wellness@uleth.ca

‘Living Well at the U of L’



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