



Upcoming Wellness Events



Staying Well at the U of L

How do YOU Stay Well at the U of L? Do you have an interest you enjoy outside of work, something that helps stretch and maintain your physical and/or mental well-being? If so, we'd love to display it in our rotating 'Staying Well at the U of L' feature on our website.

Take a photo of your talent, interest or yourself in action. **You could display a quilt, or some wood-turning, a woven scarf, or a jar of jam.** Email wellness@uleth.ca with your photo and we will display on a rotating basis on our website and other U of L wellness publications (monthly wellness newsletter, Wellness Facebook, Twitter)



Scholarships and Student Finance team winner

Scholarships and Student Finance and the Alpine Club (Health Sciences) were the team winners for the Staying Well at the U of L exhibit at the Life Balance Fair. Both teams have won a \$250.00 catered platter from LA Chefs! Check out their very creative methods of balancing their lives!

Quotes for the New Year

'This is a new year. A



Upcoming Events

1/15

Quitcore - Smoking Cessation program in Lethbridge
contact AHS at 1-866-710-7848 to register or more info

1/30

Lunch and Learn with Michael Warf - Inspiration
Noon - 1:00 PM
Andy's Place AH100
[Register](#)

2/04

Mini massage
10 AM - 2:00 PM

Is there a picture of you with a marathon medal, or a record trout? Maybe you make the world's best nachos, or you've golfed at Augusta?

****Please note your submission will be displayed, along with your name and department, on our U of L Wellness webpage and related publications.*** Check this out on a regular basis - You'll learn about the wellness interests of your U of L colleagues, plus maybe even discover a new bridge partner, or mountain biking companion, or someone with a hobby that matches yours.

-More info - call Suzanne at 5217 or email wellness@uleth.ca

new beginning. And things will change'. - Taylor Swift

'Toto, I have a feeling we're not in Kansas anymore.' - L. Frank Baum
'Although no one can go back and make a new start, anyone can start from now and make a brandnew ending.' - Carl Bard

Markin Hall Atrium

[Register](#)

2/07

How Work-Life Integration Leads to Fulfillment - in conjunction with Chartered Professional Accountants Speaker Series [More Info and registration](#)

2/07

Health Check for U screening starts 8:00 AM - 10:00 AM Fridays [Register](#)

Wellness in 10: New Year's Resolutions Better Than Losing Weight

Check out the following article for some smaller, more achievable goals. Just pick one, if you master it, add another.

[Wellness in 10](#)
