

June Comfort Zone - Health and Wellness newsletter - this month's articles include an entry from our very own **Angela Luck** in the Dean's office, Fine Arts! Angela entered the 'I learned the Hard Way' Contest. **Check out her story on page 6**, and other stories at <http://www.uleth.ca/hr/wellness/newsletters>



## Upcoming Wellness Events



### Staying Well at the U of L - Be(e) Amazing Challenge

You can earn an extra 10,000 points in this



#### Be(e) Amazing Race Funnies Challenges

Hope you have been enjoying this year's Be(e) Amazing Race/Pan Am Games these and some of the challenges along the way. This year's bonus week, Montreal, Canada - also includes the bonus badge if you send a joke or cartoon to [Wellness](#). Check out these funnies at: [Wellness website](#).

#### Some of the submitted Jokes:

Tyler says "What did one strawberry say to the other? I think we're in a jam..."



#### Upcoming Events

6/13

Helen Schuler Nature Centre Play Day  
Henderson Lake Park  
12:00 Noon - 4:00 PM  
Please RSVP

[HSNC@Lethbridge.ca](mailto:HSNC@Lethbridge.ca)

to participate in Nature Play Day -  
More info contact Jen Buit at 403-320-3064

6/15

**Last day to enter points for Be(e) Amazing Race!!**  
**Website will be open until noon on Monday June 15**  
[Heart Smart](#)

year's challenge, just like Anamaria Turuk of the VP, Research office (above) by submitting 'How You Stay Well at the U of L' See [Link](#) - We will be posting these submissions over the next few months on the [Wellness Website](#) and at the Heart Smart challenge lunch and celebration on June 18 in L1060! Register [here!](#) Doors open at 11:30 - lunch and prizes awarded starting at noon to 1:00 PM.

Also be sure and [nominate](#) a Bee Amazing Champion! Is there someone in the competition who you think is an inspiration? Perhaps a brand new participant in the race, or someone who has outstepped everyone else.

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.

*\*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](mailto:wellness@uleth.ca)

Cal sent these -A termite walks into a bar and asks, 'Excuse me, but where's the bartender?'; - What's a dentist's favorite time? Two-thirty...; - A priest, a rabbi and a minister walk into a bar. The bartender asks, 'What is this? Some sort of joke?'

**6/18**

Be(e) Amazing Lunch and Challenge Wrap-Up  
L1060  
Doors open 11:30 - Presentations and lunch at noon - 1:00 PM. Please [RSVP](#) so we can order enough food!

**7/9**

Lunch and Learn - Campus Roots Community Garden tour -  
Noon - 1:00 PM Meet at the Campus Roots Garden  
Located east of the Parkway Services building on Parkway Drive

[Register](#)



**Thanks to the U of L Coulee Clean-up Crew!** Carolyn

Gaebel of Library - Client Services found one of the most interesting items this year - a wonder-woman mask! Here's a picture of some of the crew cleaning up the south side of University Hall right up to the Library and Residence buildings. The beautiful clean coulees are once again a lovely place to walk. (Photo - Jon Doan, Javid Sadr, Jennifer Mather, Carolyn Gaebel, missing - Jessica Goodrider, Rhys Stevens)