

March Comfort Zone

This month's articles include; Good posture important at home, Four biggest heart disease breakthroughs, Sleep apnea could put you at risk, Be wary of cross contamination. Find more great articles at: <http://www.uleth.ca/hr/wellness/newsletters>



Upcoming Wellness Events



Staying Well at the U of L

Katherine Wasiak of the Fine Arts Faculty has been **Staying Well at the U of L** by having a positive attitude and enjoying being physically active! She also states that she made the choice to become vegan, as studies have shown that a plant-based diet is a healthier way to go.

Katherine enjoys a variety of activities from walking to work, to taking classes at the Sports and Recreation Center here at the university, and having fun with



Employee Health and Wellness Survey is back!

All employees are invited to participate in the survey which will run from March 16th - 30th. It takes approximately 10 - 15 minutes, and feedback gathered is used to make improvements. A web link will be sent to your university



Upcoming Events

*Health Screening
Ongoing on
Thursday/Friday
mornings.*

3/10

Mini massage. Drop in's welcome!
*1 PM - 3 PM Markin
Hall 2029* [Register](#)

3/12

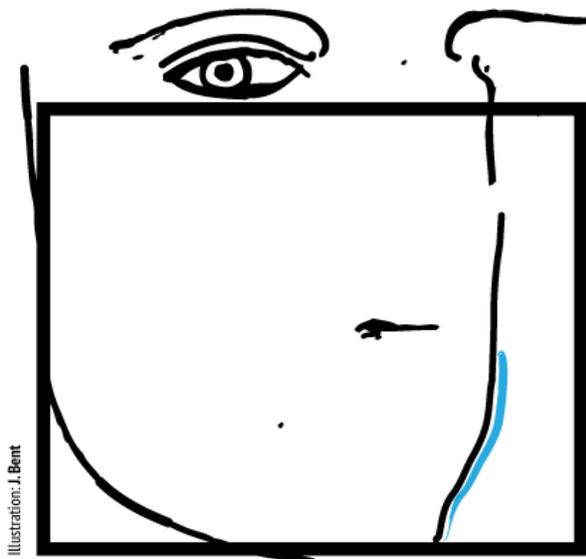
Lunch and Learn:
Active Office: Revive
Your 9-5!
[Register](#)

friends and family.

Katherine states that the classes offered at the Sports and Rec Center has been working great for time management, and they offer a large selection of activities such as cycling, yoga, weight and strengthening classes, and various others. Additionally, they offer a buy one get one half price as a great incentive. She jokingly adds "You paid for this, so you better go!" With the convenient location of being right at work, it makes for an easy transition from office, to working out, then to relaxing at home.

For those who are interested in staying well, Katherine suggests that you find activities that you enjoy and friends who enjoy doing them. Realize that every little bit makes a difference. Taking the stairs, walking around the office at lunch – it all adds up to a healthier you.

Thank you Katherine for that insight! You're right, it's all in the way you approach it!



Mental Health Theatre comes to Lethbridge!
The Awareness drama "Maladjusted" is brought to you

email address containing a unique user ID and password to ensure anonymity. Those who participate will have the chance to be entered for draw prizes. The University of Lethbridge is committed to building a community that supports people and the promotion of wellness and healthy living. We encourage all staff and faculty to take the time to complete the survey. Thank you for your support.

3/17

Managing Mental Health in the Workplace
8:30 AM - 12:30 PM
in AH100. [Register](#)

3/18

Mini massage. Drop in's welcome!
10:00 AM - 12:00PM
C630 [Register](#)

3/19

Lunch and Learn:
Stress Management & Boosting Immunity
[Register](#)



The Truth About Trans Fat

For years the medical community has warned consumers about the use of dietary fat known as trans fat. Follow this link to see why this fat is linked to heart disease: [The Truth of](#)

by the University of Calgary Faculty of Social Work. This production has been touring across British Columbia and Alberta since January, and is only in Lethbridge for one night. The show starts at 7:30PM at the Sterndale Bennet Theatre. For more information please access the [Maladjusted Promotional Website](#). [Trans Fat](#).

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)

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
