

May Comfort Zone- This month's articles include, Summer storms, Your back matters, Fast and effective home maintenance, Keep cool behind the wheel, Which household cleaners are necessary?, And more.... Find more great articles at: <http://www.uleth.ca/hr/wellness/newsletters>



Upcoming Wellness Events



Annual Long Service Awards and Retiree Recognition Ceremony, May 6

The annual Long Service Awards and Retirement Recognition Ceremony will be held on Wednesday, May 6, at 1 p.m. in the Students' Union Ballrooms. Faculty and staff are invited to join in the celebration. Please visit the [Notice Board](#) for more information and a full list of recipients.



Let's Get Physical - 11th Annual Bee Amazing Race

Welcome to Heart Smart 2015 - Bee Amazing Race. In the quest to increase your physical activity levels, you can now compete one-on-one or with a team against your colleagues. Get your heart going with some physical activity to one-up your opponents by earning



Upcoming Events

5/1

Bee Amazing Race 2015 - Log in to register and then enter weekly physical activity for badges, prizes and fun! Get ready to race through the PanAM games! [Heart Smart Race starts May 1 - through to June 14!](#)

5/2

Steps for Life 5 Km Walk -Join the 'Luxy Loafers'

be honoured at this event, along with 17 retiring employees. Please join us !

HELEN SCHULER NATURE CENTRE

Coulee Clean-Up starts April 22

Claim your coulee, build your team, make a difference!

It's that time of year again...

The Helen Schuler Nature Centre begins preparations for the annual Coulee Clean-Up! The efforts of individuals helps to improve our City's landscape and protect the natural environment from garbage and debris.

Earn an extra 'Bee Amazing' badge for coulee clean-up this year! Contact wellness@uleth.ca to join a U of L coulee clean up team!

May Mental Health Tip

Eat right, keep fit; a balanced diet, exercise and rest can help you reduce stress and enjoy life.

Join the [Be\(e\) Amazing Race](#) to keep on track!

unlocking badges!
This year's challenge in the spirit of the **Pan Am Games - we will be travelling to Mexico, Panama, Chile, Brazil, Peru and Jamaica!**
Click [here](#) for more info or to join the race!

Week 1 Challenge:
[Mexico](#) - No desserts, and bonus badges for 2 fruits per day!



Does being happy make you more productive?

World Happiness Report ranks Canada 5th

Income is important, but just part of the story in determining 'subjective well-being'
[Story here](#)

Check out Shawn Achor's 6 exercises for happiness [6 Exercises for](#)

AM - Henderson Lake
All proceeds to Threads of Life [More Info](#)

5/6
2015 Long Service Awards -please join us to honour 146 employees who have completed 10, 15, 20, 25, 30 and 40 years of service!
1:00 PM - SU Ballrooms
[LSA Recipients](#)

5/19
Lunch and Learn: Emergency Preparedness

Canadian Red Cross
AH100 -12:00 - 1:00 PM. Lunch will be served
[Register](#)

5/23
Free Kidney Education Day
10:00 AM - 1:30 PM
Lethbridge Lodge
[Register](#)
[More info](#)

5/26
Lunch and Learn -



12:00 - 1:00 PM

AH118 - [Register](#)

Presentation and
sample quilts [More
info](#)

What's for Dinner?

No Dessert suggestion: [Personal
Best On Line](#)

This one is Fresh Fruit Kabobs

Show us how YOU stay well at the U of L- and earn an extra badge for Be(e) Amazing Race!

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