



Upcoming Wellness Events



Staying Well at the U of L

Geoff Minors of the Faculty of Arts and Science, **stays well at the U of L** by gliding! Geoff started gliding quite a few years ago in the UK and was hooked from his first flight! His first cross country trip was about 185 km long. He took a hiatus while his kids were growing up and recently started gliding again with the Lethbridge Gliding Club which flies out of the Cowley Gliding Strip near Pincher Creek. Geoff reports that the Cowley site is one of the best soaring



October is Healthy Workplace month in Canada

This year's theme is *Living Well at Work* - which fits in with our slogan - *Living Well at the U of L*. Week 1 is Being Well - please see the attached on things you can do to promote your own physical wellness. [Being Well](#)

[New Exercise Guidelines Released by Health Enhancement Systems by Dean Witherspoon](#) - see this great article!



Upcoming Events

10/02

[Health Check for U](#) screening starts 8:30 AM - 10:00 AM some Thursdays and all Fridays [Register](#)

All October - U of L Blood Drive! Find out your blood type and book your appointment! [See attached for dates and times.](#)

10/22

Life Balance Fair -

sites in North America. Views of the Livingstone Range are outstanding from the air. Geoff feels that being a glider pilot has changed his life in a positive way; he is a big believer in learning new things and gliding gives him that new perspective on a regular basis. It changes the way he looks at the country, the weather and learning new soaring techniques.

Geoff is certified to take passengers in the 2-seater club glider and this is available to anyone for the low cost of \$25.00. If anyone would like a trial flight please contact Geoff directly at geoff.minors@uleth.ca. If you are interested Oct 4 – 13 will be the last chance to fly this season.

Thanks so much Geoff, for showing us how YOU **stay well at the U of L**.

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? The Wellness Committee will be bringing the 'Staying Well at the U of L' exhibit to this year's Life Balance Fair, so please get in touch with Suzanne at [wellness](mailto:wellness@uleth.ca) by Oct 17 so we can include you in our display.

**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

Smoking Cessation on Campus U of L Wellness and AHS are bringing QuitCore to campus! [QuitCore](#) is a tobacco reduction program offered FREE by Alberta Health Services. This will be held Tuesdays starting Nov 4 - Dec 16 at noon in L1112. Employees

It will make you remember how much fun you had being active as a kid and maybe, just maybe re-think 'exercise because it's good for you'

Stress Management - There's an App for that! Does technology cause you stress? Perhaps there is a way to use technology to assist you in recognizing your stress and how to better manage it in your life.

The Alberta Addiction and Mental Health Research Partnership Program (2013) in conjunction with the efforts of Alberta Health Services, Addiction and Mental Health have compiled the Addiction and Mental Health Mobile Application Directory. Within this directory, you can find information on a variety of mobile

10 - 2 on the Indoor Track - more info to come!

10/22

Alberta Sleep

Forum - free education sessions for public

7:00 - 9:15 PM - sessions on pediatric sleep; insomnia and navigating the sleep system in AB

Lethbridge Lodge

[Register](#)

10/27

Managing Mental Health in the Workplace

8:30 AM - 12:30 PM
AH100

[Pre-registration required](#)

10/29

Mini massage on campus

9:30 - 11:30 AM

L1112 [Register](#)

and students welcome. Prize draws available to those who attend all 6 sessions. If you are interested or would like more info please register here [QuitCore on campus](#)

applications which provide information on the effects of stress on the body and mind, assist with identifying signs and symptoms of stress, and offer strategies (including relaxation techniques) to help you better manage your stress.

[Addiction and Mental Health Mobile Application Directory 2013](#)

Take a Break: Photography for Self Care

- **Are you stressed?**
- **Do you have a camera?**
- **Has your camera been sitting there unused for too long?**
- **Have you lost sight of why you got into photography in the first place?**
- **Would you like to take photos just for the joy of it?**

Ruth Bergen Braun and Marlene Hielema have teamed up to offer a course about using photography to add richness and relaxation to your life.

Sometimes this is referred to as *therapeutic photography*. The term *self-care* is often used by life coaches and mental health professionals to describe the intentional things we can do to lower our stress levels, make us more resilient, and avoid burnout.

So if you like to take photos and are feeling stressed, you might want to check out the course or get more information. See the website for more details - [Take a Break](#)

Thanks to Jennifer Mather for this info. Ruth is a former U of L student.
