



Upcoming Wellness Events



Staying Well at the U of L

Angela Luck of the Dean's office in Fine Arts, **stays well at the U of L** by hiking and kayaking! Angela started hiking since she moved to Alberta and enjoys heading to the mountains as often as possible. Angela started kayaking after a back injury which forced her to give up her favorite sport of soccer.

Angela tells us that she couldn't live without either hiking or kayaking, and also enjoys them with family and friends. Angela tells us that she also couldn't live without kayaking or hiking. "I love the motion of the water beneath my boat as I splash through the rapids. I love the peaceful serene morning on the lake while the loon calls and the fish begin to jump" she says. "I feel the need to head for the hills often" she says. Two of her three children also enjoy hiking, and go with her as often as they can. Angela says "it's an amazing thing to enjoy a love with those you love".



Congrats to Lance McGinnis - Smoke Free for More than One Year!

Lance has been smoke free for over 13 months. Lance quit last summer after thinking about his long term health. He said what worked for him was coming up with a plan and then getting some help in the form of nicotine lozenges. After a short time he didn't need those anymore. He occasionally thinks about smoking but is not really tempted at this time! Way to go



Upcoming Events

9/15

Quitcore - Smoking Cessation program in Lethbridge

contact AHS at 1-866-710-7848 to register or more info

9/16

Mini massage on campus

1:00 - 3:00 PM

AH119 [Register](#)

9/24

Lunch and Learn with **Erich Dyck from**

Country Blooms

Noon - 1:00 PM D631

[Register](#) Erich is back by popular

Thanks so much Angela, 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?

**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

Interested in Smoking Cessation on

Campus? U of L Wellness is working with AHS to bring QuitCore to campus! QuitCore is a tobacco reduction program offered FREE by Alberta Health Services. We will be setting up a pilot session starting late October - early December, and if this is well attended will hold another session in the new year. This would be available to both employees and students. Prize draws available to those who attend all 6 sessions. Dates and times TBD - more info to come! If you are interested or would like more info please email Suzanne at wellness@uleth.ca

You can start walking/running marathons at any age!

Check out this video clip on women who started running later in life:

[Older Faster Stronger](#)

Thanks to Carol Williams for finding and sharing this video.

Lance!

What Happy People Do Differently **Happy people...**

- Seek balance
- Don't sweat the small stuff
- Take responsibility for their actions
- Surround themselves with other happy people
- Practice gratitude
- Practice optimism
- Focus on inner happiness and not material wealth
- Treat everyone with kindness
- Obey their conscience
- Take time to relax

These are just a few, for the whole article [click here](#) and click on the Weekly Wellness Tips tab.

demand, join us to hear fall gardening tips. Light lunch will be provided!

10/02

[Health Check for U](#)

screening starts
8:30 AM - 13:00 AM
some Thursdays and all Fridays [Register](#)

10/22

Life Balance Fair -

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

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