



WORKPLACE WELLNESS  
**LUNCH & LEARN**  
SUMMER SERIES 2022

## Reconnect with colleagues this summer!

### Revitalizing In-Person Interactions

July 13, 2022  
12:15 – 1:00 PM

As in-person interactions increase, we still may experience anxious feelings and uncertainty related to returning to face-to-face activities. This session will explore common feelings and emotions associated with expanding our face-to-face connections after 2 years of physically distancing and discuss strategies for managing our feelings and relationships as we return to more face-to-face interactions.

### Explore Campus Community Garden

July 20, 2022  
12:15 – 1:00 PM

The Campus Community Garden is a space to engage in local, sustainable food production, education, and community building. Meet at the Community Garden to learn about its vegetables, native plants, various volunteering opportunities, and how you can support the garden, and most importantly, pick some berries (blackcurrants are in season!) as you explore the garden and connect with nature.

### Yoga and Reconnect \*all levels

July 27, 2022  
12:15 – 1:00 PM

Yoga is a practice that combines breathing, movement, and stillness to create an experience that can benefit your physical, emotional, and mental well-being. Join us for this all-level outdoor yoga practice to help you relax, re-focus, recharge and reconnect with others. Bring a yoga mat or borrow one of ours and meet your colleagues for some much-needed fresh-air time!

### Walk and Stretch

August 3, 2022  
12:15 – 1:00 PM

Regular physical activity is one of the keys to our health and well-being and walking is a great way to build physical activity into your day. This session will provide participants with an opportunity to get up, move, and meet with colleagues while learning about the various ways to stretch and get active.

### Chair Stretches

August 9, 2022  
12:15 – 1:00 PM

Stretching is a great way to increase blood flow to the joints and muscles and it just feels good! Whether you sit for prolonged periods of time or don't move enough throughout the day, join us for this active chair-based sessions where you will practice simple but effective stretching exercises you can do at your desk or anywhere you can find a chair.



**CLICK HERE TO REGISTER  
TODAY!**