

MONTHLY WELLNESS E-BLAST



 Follow CHWC @wellnessatdc

August 2021

National Wellness Month

A collection of CHWC events and activities:

August Fit & Well Podcast Episode:

- Physiotherapy and Physical Movement with Vickie Grierson

Link: <https://www.youtube.com/channel/UCm04ik0oLpCVP2pYKshZ5pQ>

August Better Together Series

The following events are being hosted as a part of our Better Together Series of events aimed at helping students make connections. Sessions take place over Zoom, and registered students receive an email with instructions for accessing the event an hour before the session begins. These sessions are open to all Durham College students. For more information and to register, click on the links provided.

Bollywood Dance Class with Akanksha

Wednesday, August 11 from 11:30 a.m. to 12:30 p.m.

Register Here: <https://www.eventbrite.ca/e/bollywood-dance-class-with-akanksha-tickets-163664919179>

Registration Closes: August 9 at Noon

Fit4Sport – Exercise and Health Habits with Vickie Grierson

Wednesday, August 18 from 11:30 a.m. to 1:30 p.m.

Register Here: <https://www.eventbrite.ca/e/fit4sport-exercise-and-health-habits-with-vickie-grierson-tickets-164865833145>



Registration Closes: August 13 at Noon



MONTHLY WELLNESS E-BLAST



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August 2021

Canadian Men's Health Month

A collection of CHWC events and activities:

August Better Together Series (con't)

Anxiety and Returning to Campus

Wednesday, August 25 from 11:30 a.m. to 1:30 p.m.

Register Here: <https://www.eventbrite.ca/e/anxiety-and-returning-to-campus-tickets-164986985515>

Registration Closes: August 20 at Noon

Cooking Class

Thursday, August 26 from 11:30 a.m. to 1:30 p.m.

Register Here: <https://www.eventbrite.ca/e/cooking-class-tickets-165042605877>

Registration Closes: August 18 at Noon

*supplies will be provided



Fit4Sport - Physiotherapy & Chiropractic Services OPEN

We are open and ready to help the students and staff of Durham College and Ontario Tech University feel their best! In-person and tele-health appointments available, following all COVID-19 safety protocols. To book call the CHWC at 905.721.3037 or email chwc@durhamcollege.ca

Virtual Class Visits

The Campus Health and Wellness Centre is pleased to continue to provide virtual class visits and share with students the mental health and wellness supports available to them. Wellness Coaches are also available to facilitate talks and workshops around general health and well-being topics.

Please reach out to wellnesscoaching@durhamcollege.ca to book your virtual class visit or session!

