

MONTHLY WELLNESS E-BLAST



 Follow CHWC @wellnessatdc

June 2021

Canadian Men's Health Month

A collection of CHWC events and activities:

June Fit & Well Podcast Episodes:

- Social and Emotional Skills (SES) in the Workplace
- Breathwork
- Hypnotherapy

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

Introduction to Mindfulness: 4-Week Interactive Series with Cara Coulson

July 7th to July 28th (Wednesdays) from 11:30 a.m. to 1:30 p.m.

This is a 4-week interactive series that will introduce you to the science of mindfulness, and meditation skill practice. Let's work on affecting a positive change in mood, stress levels, and anxiety during this time in our world. Come and see where breathing and 'be-ing' can take you.

Limited spaces available. Students who register for this series are encouraged to attend all 4 sessions as they practice and build upon the skills, knowledge and experience from the previous week.

A week before the event starts, registered students will receive an email with instructions for picking up a Mindfulness Meditation kit.

Sessions will take place over Zoom. Registered students will receive an email with instructions for accessing the event an hour before the first session begins.

Register Here: <https://www.eventbrite.ca/o/campus-health-and-wellness-centre-33243727473>

Registration Closes: June 30th at Noon.



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!

