

# MONTHLY WELLNESS E-BLAST



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## May 2021

Mental Health Week - May 3rd to May 9th  
World No-Tobacco Day - May 31st

### A collection of CHWC events and activities:

#### May Fit & Well Podcast Episodes:

- Finding and Maintaining Balance with Counsellor Jeremy Greenberg
- Mental Health and CBT with Mental Health Nurse Keri Young

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

#### Balancing Your Wellness and Job Search with Career Development and DC Wellness Coach Lucy RomaoVandepol May 17th from 2:00 p.m. to 2:30 p.m.

Looking for a job can be stressful, and is said to be as much work as having a full-time position! On top of the normal job search stressors, we have COVID-19 happening world-wide. Join Jennifer Powell, and Lucy RomaoVandepol, Wellness Coach from the Campus Health and Wellness Centre for an IG Live where they'll discuss how job seekers can stay well and avoid job search burnout.

Join via Instagram Live @GetHiredDC

#### WellChat – Better Together Series Presents:

##### Expressive Art and Healing with Georgia Fullerton

May 26th from 11:30 a.m. to 1:30 p.m.

Explore the diverse world of Expressive Arts! This workshop gives the students of Durham College an arts-based approach to cultural arts and healing through the lens of experiential mask painting. Visual Artist, Expressive Arts Therapist and arts facilitator Georgia Fullerton, uses the image of the mask to explore personal creativity and identity.

Register Here: <https://www.eventbrite.ca/e/3d-mask-painting-tickets-152757159777>

Registration Closes: May 21st, 2021 at Noon

##### Flow Yoga and Nutrition for Mental Health workshop with Jessi Hoey

June 2nd - Flow Yoga from 11:30 a.m. to 12:30 p.m. and Nutrition for Mental Health from 12:45 p.m. to 1:30 p.m.

##### Flow & Let Go

Yoga is one of the most ancient practices to support optimal mental health which came to be in an effort to release tension in the body and to calm the fluctuations of a busy mind so that the practitioner may cultivate a sense of inner connectedness. This Flow & Let Go class is designed to do just that; release tension from the body, alleviate stress from the mind, and guide the practitioner back home to themselves. This class is open to all levels and will combine breathwork, mindfulness, and movement - no prior experience needed.



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#### Holistic Nutrition for Mental Wellbeing

We've all heard the saying "you are what you eat" but have we ever truly put this into practice? Science shows that 80% of serotonin, the "feel-good" hormone that regulates mood, happiness, and modulates stress and anxiety, is actually manufactured in your gut. The gut can only produce these hormones if it is getting the correct raw ingredients (aka nutrients) to do so. This seminar will teach you how to begin the powerful process of supporting mental health through nutrition & lifestyle and will provide you with tangible, inexpensive tips and tricks to start integrating these practices into your life right now in order to reap the benefits.

Register Here: <https://www.eventbrite.ca/e/evolve-yoga-and-mala-beading-tickets-153362245605>

Registration Closes: May 26th, 2021 at Noon

#### Breathwork and Reconnection with Steve Beattie

June 9th – 30th Wednesdays from 11:30 a.m. to 1:30 p.m.

Are you ready to connect with yourself and connect with others? Join Wim Hof Method instructor Steve Beattie as he leads you and fellow DC students on a journey to reconnect to your breath and body. This journey will also teach you tools to better control your mind and emotions to help you live your best life!

Register Here: <https://www.eventbrite.ca/e/breathwork-and-reconnection-with-steve-beattie-tickets-153532687401>

Registration Closes: June 2nd, 2021 at Noon



Dr. Alingary will be joining our CHWC in June and will offer IUD insertion and Reproductive Health Clinic once a month - more details to come.

