

## Tues.

## Wed.

## Thurs.

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### [Connect and Engage Your Wellness](#)

12-1pm

*Philippa Dawood, SHN  
Wellness Coordinator*

This presentation will highlight a simple program planning process for those who are just starting their wellness journey.

6

### [How to Look After Your Sleep, and Deal with Insomnia](#)

12-1pm

*Dr. Neil Levitsky, MD, FRCPC,  
NYGH Staff Psychiatrist*

This talk will cover practical methods for dealing with insomnia, including well-researched methods for improving sleep and CBT.

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### [Wellness Through Expressive Art and Mindfulness](#)

12-1pm

*Colm Hogan, Therapeutic Art Practitioner, MBSR Facilitator*

Discover simple and creative evidence-based techniques for coping with stress, depression, and anxiety.

12

### [Self-Gratitude Through Mindful Calligraphy](#)

12-1pm

*Angie Bailey, RN, Professional Calligrapher*

Learn how to 'Get Zen with a Pen' in this intro to mindful calligraphy. Only a rigid tip pen/pencil and paper needed.

13

### [Roadmap to Resilience: From Surviving to Thriving](#)

12-1pm

*Louisa Nedkov, KAILO Program Lead, HH*

This program will introduce practical, evidence-based approaches to increasing resilience and enhancing personal wellbeing.

14

### [Opioid Epidemic Within a Pandemic: How to Save a Life](#)

12-1pm

*Harsit Patel, Clinical Pharmacist, ED/UCC at HHS*

Learn the current statistics, how to recognize signs and symptoms of an opioid overdose, and how to administer naloxone kits in a community setting.

## 19 [Moral Distress: How to Recognize and Live with it](#)

**12-1pm**

*Dr. Kerri Ritchie, Clinical Psychologist, TOH*

Learn and discuss moral distress, how to recognize it, and what we can do to live with it.

## 20 [Bringing Ergonomics Home](#)

**12-12:30pm**

*Alex Mason, Ergonomist, HHS*

This seminar will cover topics ergonomics relating to everyday lift outside of work. Topics will include general ergonomics principles, primary MSD risk factors, and strategies for reducing common at home risks.

## 21 [Caring for Caregivers: Compassion Fatigue & Resilience](#)

**12-1pm**

*Cathy Clark, MDiv Director Safety, Security & OH, RVH*

If you would like to add "Facilitator of Hope" to your resume, this session is for you! Explore the essence of compassion fatigue and be introduced to a suite of tools utilized at RVH.

## 26 [Healthy Eating Around the Clock](#)

**12-1pm**

*Nicole Krause, Dietetic Intern, NH*

Making time for healthy eating can be challenging for shift workers. Tune into this presentation to learn tips to improve your nutrition while working the night shift.

## 27 [Home Gym 101: How to Create Your Workout Space](#)

**12-1pm**

*Philippa Dawood, SHN Wellness Coordinator, & Samantha Morris, Intern, TBRHSC*

This workshop will offer a guide to creating your home-gym on three different budget levels considering space and accessibility. Wear comfy clothing as there will be a quick exercise demo!

## 28 [Refresh and De-Stress: Expand Your Toolbox](#)

**12-1pm**

*Tania Williams, CSEP-CPT, UHN Wellness Coordinator*

Practice simple and effective methods to combat stress and determine which tools are best for you.