



Wellness Programs - September & October

Program Series:

- “Core to do More”:** Thursday, Sept. 4-Oct. 9, PMH6-702/703, 11:15-12:00pm & 12:15-1:00pm - \$30
Pilates: Friday, Sept. 5-Oct. 10, TWH, FP6-103, 12:15-1:00pm & 1:15-2:00pm - \$30
Non-Impact Aerobics: Tuesday, Sept. 9-Oct. 14, TGH, Wellness Centre, 12:15-1:00pm - \$30
Intermediate Running Group: Wed., Sept. 10-Oct. 15, Meet at TGH Wellness Centre, 4:30-5:30pm-\$25
“Tone It Up”: Friday, Sept. 12-Oct. 17, TGH, Wellness Centre, 12:15-1:00pm - \$30
Salsa: Thursday, Oct. 2-Nov. 13, Unity Hall, 6-7:00pm - \$40 (No class on Oct. 23)
Non-Impact Aerobics: Thursday, Oct. 16-Nov. 27, PMH6-702/703, 12:15-1:00pm - \$30
“Core to do More”: Friday, Oct. 17-Nov. 21, TWH, FP6-103, 12:15-1:00pm & 1:15-2:00pm - \$30
“Butts & Guts”: Tuesday, Oct. 21-Nov. 25, TGH, Wellness Centre, 12:15-1:00pm - \$30

Healthy Eating Weight Loss Challenge:

- TGH:** Wed., Sept. 3-Dec. 3, TGH, Wellness Centre, 4-5:00pm - \$40 (Meets Bi-weekly, includes Manual)
TWH: Thurs., Sept. 4-Dec. 4, TWH, MCL8-415, 4-5:00pm - \$40 (Meets Bi-weekly, includes Manual)

Yoga with Instructors from Downward Dog Studios:

- TGH:** Mon. Sept. 8-Oct. 13, Wellness Centre, 4-4:45pm - \$30
Mon., Oct. 20-Nov. 24, Wellness Centre, 12:15-1:00pm - \$30
Thurs., Oct. 23-Nov. 27, Wellness Centre, 7:30-8:15AM - \$30
PMH: Wed., Sept. 3-Oct. 8, PMH6-702/703, 12:15-1:00pm - \$30
Wed., Oct. 15-Nov. 12, PMH6-702/703, 12:15-1:00pm - \$30 (5 Weeks)
TWH: Wed., Sept. 3-Oct. 8, TWH, FP6-103, 8:15-9:00am - \$30
Wed., Oct. 15-Nov. 12, TWH, FP6-103, 8:15-9:00am - \$30 (5 Weeks)



Nutritional Counseling: *More Dates are available in Nov & Dec*

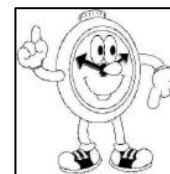
Learn more about everything nutrition! Adding fibre to your diet, the glycemic index, or how to eat healthier just got easier! Registered Dietitians from UHN will be available for consultation.

When: Sept. 9 & Oct. 21 from 12-3pm and Sept. 23 & Oct. 7 from 1-4pm → In the Wellness Centre

Rates: Nutritional Counseling Package: 1 hr Initial Consultation + 3 x 30 min Counseling Session = \$100
1 hr. Initial Consultation = \$45 & 30 min Counseling Session = \$25/each

Lunch and Learns/Seminars:

- “Entertaining with Tea”** – Thurs., Sept. 11, 12-1:00pm, TGH, EN1-441 → FREE! ***FREE SAMPLES***
“Foundations of Stress Management”: Tues., Sept. 16, 12-1:00pm in TGH, EN1-441 → FREE! (Part 1/5)
“Detox - Naturopathic Session” – Wed., Sept. 17, 12-1:00pm, in the Wellness Centre → FREE!
“Year-Round Gardening” – Wed., Sept. 24th, 12-1:00pm in the Wellness Centre → FREE! (Part 2/3)
Healthy Cooking Demo: Mon., Oct. 6, 12-1:00pm, TWH, Auditorium → FREE! (Part 1/4)
Understanding Depressive Illness: Wed., Oct. 8, 12-1:00pm, TGH, EC10-316 → FREE!
“Managing Your Time” – Wed., Oct. 15, 12-1:00pm, TGH, EN1-441 → FREE! (Part 2/5)
Healthy Cooking Demo: Mon., Oct. 27, 12:30-1:30pm, TWH, FP6-103 → FREE! (Part 2/4)



Meditation with Instructor: Thursdays from 12:15-1:00pm in the Wellness Centre – FREE!

Walking Club: Meets every Mon., Wed., & Fri. at 12:00pm at the University Ave. Entrance – FREE!

Seated Massage: 9-4pm or 1-4pm Wednesdays in the Wellness Centre (Times switch each week)

Therapeutic Massage: Mondays (9-3pm), Tuesdays (9-4pm), Thursdays (7-5pm), & Fridays (9-3pm)

** To Book an appointment for Therapeutic Massage call 416-410-8784 **

Register Today via E-Learning: Spaces are Limited!