






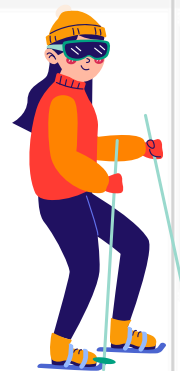



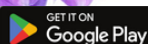




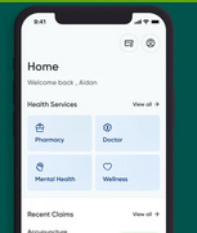


FEBRUARY 2025

THUNDERBAY

ORILLIA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Don't struggle alone</p> <p>TalkLife Workplace offers instant, anonymous, 24/7 peer-to-peer support</p> <p> TalkLife® Workplace</p> <p> </p>		28	29	30	31	1
			<p> Elections Ontario</p> <p>Election Day: February 27th</p>		<p>Yoga</p> <p>01/02/2025 - 11:00am to 12:00pm</p>	
2	3	4	5	6	7	8
		<p>Therapy Dogs</p> <p>04/02/2025 - 11:00am to 12:00pm</p>	<p>Mindful Meditation</p> <p>05/02/2025 - 11:15am to 11:45am</p>	<p>Mindful Meditation</p> <p>06/02/2025 - 11:15am to 11:45am</p>		<p>Yoga</p> <p>08/02/2025 - 11:00am to 12:00pm</p>
9	10	11	12	13	14	15
	<p>(OR) Blind Date with a Book Swap</p> <p>10/02/2025 - 2:30am to 4:00pm</p>	<p>Therapy Dogs</p> <p>11/02/2025 - 11:00am to 12:00pm</p>	<p>(OR) Blind Date with a Book Swap @HP</p> <p>12/02/2025 - 11:00am to 2:00pm</p>	<p></p>		
16	17	18	19	20	21	22
	<p>Snow Much Fun! LU Family Day @ Kamview</p> <p>17/02/2025 - 10:00am to 4:00pm</p>	<p>Therapy Dogs</p> <p>18/02/2025 - 11:00am to 12:00pm</p>	<p>Mindful Meditation</p> <p>19/02/2025 - 11:15am to 11:45am</p>	<p>Mindful Meditation</p> <p>20/02/2025 - 11:15am to 11:45am</p>		<p>Yoga</p> <p>22/02/2025 - 11:00am to 12:00pm</p>
<p></p> <p></p> <p> </p>			<p>LAKEHEAD GATHERS</p> <p>Your Community, Your Wellbeing</p> <p></p>		<p>20/02/2025 - 12:00pm to 1:30pm</p> <p></p>	
		25	26	27	28	1
		<p>Therapy Dogs</p> <p>25/02/2025 - 11:00am to 12:00pm</p>	<p>Mindful Meditation</p> <p>26/02/2025 - 11:15am to 11:45am</p>	<p>Mindful Meditation</p> <p>27/02/2025 - 11:15am to 11:45am</p>	<p></p> <p>Coverage + care built around you</p> <p></p>	

LAKEHEAD GATHERS

February 20th, 2025 12-1:30pm
Faculty Lounge (SC)

FIKA Coffee & Connection

Join us as we begin with a warm gathering inspired by the Swedish tradition of FIKA — a break for coffee, connection, and new beginnings.

SCAN TO FIND OUT MORE INFO



Yoga

Yoga >

Saturdays***
(Except Feb 15th)
11:00am - 12:00pm
SHW Activity Room



Therapy Dogs

Tuesdays 11-12
SHW Activity Room

Therapy Dogs >

Tuesdays
11:00am - 12:00pm
SHW Activity Room



Mindful Meditation

Wednesdays and Thursdays,
11:15-11:45
SHW Activity Room

Mindful Meditation >

Wednesdays & Thursdays
11:15am - 11:45am
SHW Activity Room



Snow Much Fun!

Snow Much Fun!!! LU Family Day at Kamview

February 17th, 2025
10am - 4pm EST
Kamview Nordic Centre

lakeheadu.ca/hr-events



(OR) Blind Date with a Book Swap

February 10 @ 2:30pm
Alumni Commons

February 12 @ 11:00am
Heritage Place



Thunderwolves Hockey vs. Western Mustangs

February 15, 2025 @ 3:00pm
Thompson Arena



Freedom to Connect: Let's Go Skating!!!

Thursdays
12:30pm - 1:00pm EST
Thunderwolves Icefield