

ORILLIA

THUNDERBAY

JANUARY 2025



lakeheadu.ca/hr-events



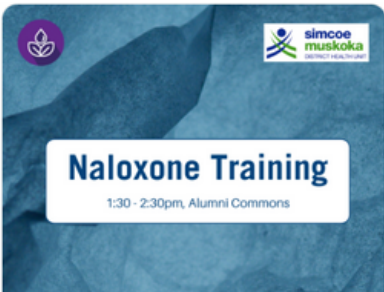
Lakehead Night at the Barrie Colts >

Wednesdays & Thursdays***
(Jan 8th and beyond)
11:15am - 11:45am
SHW Activity Room



(OR) Therapy Dogs @HP >

January 24, 2025 - 12:00pm
EST
Heritage Place



(OR) Naloxone Training >

January 29, 2025 - 1:30pm
EST
Alumni Commons



Family & Friends Holiday Hockey... >

January 3, 2025 - 7:00pm EST
Fort William Gardens



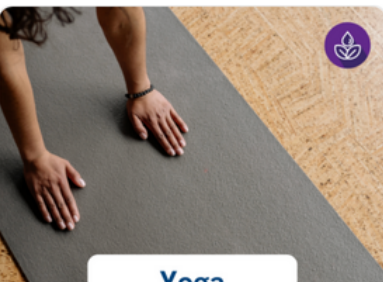
Mindful Meditation >

Wednesdays & Thursdays***
(Jan 8th and beyond)
11:15am - 11:45am
SHW Activity Room



Lakehead Fresh Market >

January 14, 2025 - 10:00am EST
Agora



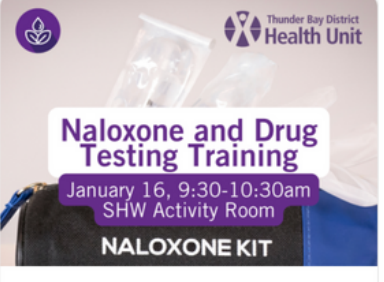
Yoga >

Saturdays***
(Jan 18th and beyond)
11:00am - 12:00pm
SHW Activity Room



Therapy Dogs >

Tuesdays***
(Jan 14th and beyond)
11:00am - 12:00pm
SHW Activity Room



Naloxone and Drug Testing Training >

January 16, 2025 - 9:30am EST
Student Health and Wellness
Activity Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Don't struggle alone TalkLife Workplace offers instant, anonymous, 24/7 peer-to-peer support TalkLife® Workplace Download on the App Store GET IT ON Google Play</div>			1 « Winter WellU Wishlist 18/12/2024 - 10:00am to 05/01/2025 - 6:00pm »	2	3 Family & Friends Holiday Hockey Night 03/01/2025 - 7:00pm	4
5 « Winter WellU Wishlist: »	6	7	8 Mindful Meditation 08/01/2025 - 11:15am to 11:45am	9 Mindful Meditation 09/01/2025 - 11:15am to 11:45am	10	11
<div>TELUS Health One Download on the App Store GET IT ON Google Play</div>	13 Lakehead Fresh Market 14/01/2025 - 10:00am to 1:00pm Therapy Dogs 14/01/2025 - 11:00am to 12:00pm	14	15 Mindful Meditation 15/01/2025 - 11:15am to 11:45am	16 Naloxone and Drug Testing Training 16/01/2025 - 9:30am to 10:30am Mindful Meditation 16/01/2025 - 11:15am to 11:45am	17	18 Yoga 18/01/2025 - 11:00am to 12:00pm
19	20	21	22	23	24	25
<div>Thrive EXPLORE YOUR PATH TO MENTAL HEALTH January 20-24, 2025 lakeheadu.ca/thrive To learn more, visit lakeheadu.ca/thrive and find our schedule of events</div>						
26	27 Therapy Dogs 28/01/2025 - 11:00am to 12:00pm	28 Mindful Meditation 29/01/2025 - 11:15am to 11:45am	29 Mindful Meditation 30/01/2025 - 11:15am to 11:45am	30 GreenShield+ Coverage + care built around you		