

BCHS September Wellness Memo

As Summer comes to an end, and life gets busier, we wanted to highlight some of the great articles and resources available from Homewood Health. We have also attached some important articles here for you to review. If you would like more information or support at any time, remember that Homewood Health is a free, confidential service provided to all BCHS employees. You can create a [free account online](#) to view various articles, courses, e-learning and much more.



Mindfulness Monday's starting on September 9th.

- ❖ Join members of our therapy services team for guided mindfulness meditation in the Chapel, from 12:30pm-1:00pm. Sign up is not required.

Mindfulness and Mental Health session with Modo Yoga on September 13th.

- ❖ Modo Yoga will be hosting a session on Mindfulness and Mental Health on September 13th from 12:00-1:00pm in the Chapel. Email Wellness@bchsys.org to sign-up!

Weekly Yoga classes will now be starting on Sept 19th . There will not be a class on Sept 5th or 12th.

- ❖ Drop in for yoga classes every Thursday from 1215-1245pm in the Chapel! Sign-up is not required, however you must complete an employee liability waiver upon arrival.

Social event: Paint Night! Paint your own Halloween wine glasses on Thursday September 26th

- ❖ Paint your own Halloween wine glasses (see attached).
- ❖ Thursday September 26th, 7:00pm start.
- ❖ Hosted by Yaymaker, at Devlin's Advocate in Brantford.
- ❖ \$45 per person which includes two wine glasses of your own creation to take home! The Yaymaker host will walk us through each step of the painting process so you are sure to go home with a memorable piece.
- ❖ **The Sign-Up Link will be sent out to all users this week!**

Stay tuned for more great things we have planned for the rest of 2019! In addition, keep an eye on the [Staff Calendar](#).

If you have any comments or suggestions please let us know! Email the Wellness Team at Wellness@bchsys.org. Your feedback is greatly appreciated.