

Monthly Wellness Memo: July 2019

For the month of July, we are celebrating all of the great people at BCHS; staff, physicians, volunteers, patients, families and the community for International Friendship Day on July 31!

“This day was created in the hopes that the fostering of friendship between different peoples, cultures, and countries will inspire peace throughout the world.” To celebrate this day, please join us on **Thursday July 18th for our social event: Plant Night in the Cafeteria from 7:00pm-8:30pm**. You can create your own beautiful planter for \$55 per person (all supplies included). If you are interested in a fun night-out with your colleagues, friends, family and fellow team members, **sign-up [HERE!](#)**

Don't forget! Modo Yoga Brantford is honouring all hospital staff for the month of July with free yoga!

Interested in learning more about wellness? Check out the free webinars online at [Mindwell-U!](#) MindWell-U hosts free live webinars on a monthly basis.

