



Live Well, Work Well

DID YOU KNOW?

OTIP offers many helpful workshops virtually. See what is being offered through the following link.

<https://www.otip.com/>

Headspace offers help for meditation, sleep, mindfulness, and mental health.

<https://www.headspace.com/>

TRY THIS

- Start an exercise challenge group
- Exchange healthy recipes with friends, family, colleagues

Wellness Book Recommendations from Fellow Members:

- Atlas of the Heart by Brené Brown
- The Wellness Project by Phoebe Lapine

WORDS OF WISDOM

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

- Maya Angelou

SUPPORTS FOR MEMBERS

- TELUS Health Employee Assistance Program <https://tvdsb.lifeworks.com/>
- Starling Minds [OTIP.com/OTI-P-Wellness-Programs](https://www.otip.com/OTI-P-Wellness-Programs)

LOCAL ACTIVITIES

Organized by the Local office:

- Trivia Night - Thursday, November 21, 2024
- Skate Night – Friday, February 7, 2024

In the Community:

- City of London Activities <https://london.ca/living-london/recreation/programs-courses-registration>
- London Middlesex Youth Wellness Hub <https://youthhubs.ca/site/london-middlesex-youth-wellness-hub>
- Health and Wellness Events in Woodstock https://allevents.in/woodstock/health-wellness#google_vignette