



a gathering place on
health
positivity
wellbeing
community



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BETTER
TOGETHER



Virtual programming exclusively curated for QuadReal tenants and residents

Fitness Centre Online Resources



While the Fitness Centre remains closed, the Fitness Centre staff have put together various exercise programming options to keep you active at home! Please visit our [building website](#) to find out more about the current programs and resources offered by the Jamieson Place Fitness Centre. Please contact the Fitness Centre staff by email at jpfitness@livnorth.com for further information.

Donations in support of Veterans Association Food Bank and Children's Cottage Society



We would like to thank all our Tenants who donated food in support of the Veterans Association Food Bank drive in April. Approximately 100 pounds of food were collected thanks to your generosity. Additionally, we have donated \$ 1,500 on behalf of our Tenants to the Veterans Association Food Bank. For more information about the organisation or how to get involved, please visit their website: veteransassociationfoodbank.ca.



Children's Cottage Society, another charity you have supported throughout the years, were in high need of girls clothing items. To help alleviate this need, on behalf of our Tenants, we donated \$1,500. Please visit their website childrenscottage.ab.ca to find out more about their programs and how to get involved.



Learn 2 Run I: The Basics

May 11

This interactive virtual workshop, designed for beginner runners, will focus on foot strike and breathing techniques to support injury prevention and comfortable pacing.

[REGISTER for noon ET](#)

[REGISTER for noon PT](#)



Learning Healthy Self-care

May 18

Learn the importance of self-care for mental health and the best ways to fit it into your day, even when you have little-to-no free time.

[REGISTER for noon ET](#)

[REGISTER for noon PT](#)



Mindful Doodling

MAY 27+28

Join artist Erin Candela for a one-hour guided introduction to Mindful Drawing and “Doodling.” Learn some easy shapes and patterns to encourage and engage your mind-body connection for a meditative and soothing break.

[REGISTER for MAY 27 noon ET](#)

[REGISTER for MAY 28 noon PT](#)



Name it, don't numb it.

#GetReal about how you feel. MentalHealthWeek.ca



Canadian Mental Health Association
Mental health for all

Keeping it Real for Mental Health Week

This year's [Mental Health Week](#) (May 3–9) is especially important given our collective challenge in the presence of the third wave of the COVID-19 pandemic. To address this, the Canadian Mental Health Association asks that we all [#GetReal](#) about how we feel. Visit [the website](#) for toolkits and articles to help yourself and others.



RIISING TOGETHER FOR MENTAL HEALTH

Will you rise with us?

Rise Together for Mental Health

For one-week, May 31 to June 6, Canadians are invited to join the [Sunrise Challenge](#). Wake up with the sun and raise money to support mental health research and suicide prevention initiatives by the Centre for Addiction and Mental Health. By rising together and rallying our friends, family, and co-workers behind the cause, we can change the way the world sees and treats mental illness..



♡ HAPPY MOTHER'S DAY ♡

Celebrating Mother's Day in Creative Ways

Mother's Day is Sunday, May 9. Here are [30 ideas for Mother's Day during Quarantine](#). Spoiler alert: moms appreciate a heartfelt experience more than a lavish gift.

You can also find healthy and delicious meal ideas by watching [Midday Meals: Bowls, Salads, Dips](#). Download [the recipes](#) and get cooking!



Women in Hip Hop @ Collision Gallery

Exploring the world of hip hop through the eyes of the Female MC, [Women in Hip Hop](#) features live performances, video presentations, art, and imagery that challenge the traditional role of women in hip hop.

Hosted by [Collision Gallery](#) at Commerce Court, Women in Hip Hop is part of this year's [Myseum Intersections Festival](#). The annual festival, taking place from April to June 2021, explores intersectional perspectives of Toronto through collaborative exhibits, events, and experiences.



A Furry-tail Story for Sisu the Dog

Do you remember your favourite childhood toy? If so, perhaps you can relate to Sisu, a stray dog placed in an animal shelter after [repeatedly stealing](#) a stuffed, purple, toy unicorn. The Animal Control officer gifted the unicorn to Sisu and pictures of him in the shelter with his toy went viral. Soon after, Sisu and his unicorn toy found their forever home (thievery not recommended).



Breathe Easy

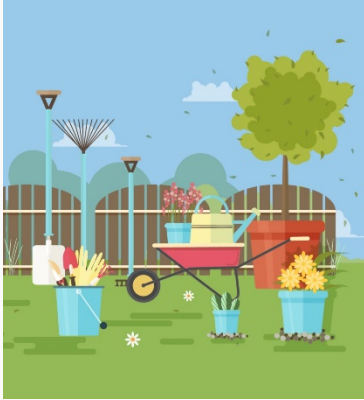
For anyone who has taken a meditation class, you may recall that focused breathing is the key to relaxation and a calm mind. As it turns out, wearing a mask can help individuals achieve more effective breathing to help reduce anxiety, while also reducing exposure to airborne particles. According to a [CBC Radio interview](#) with James Nestor, author of *Breath: The New Science of a Lost Art*, our masks can remind us to breathe slowly, and through the nose.

Let's practice: inhale for five seconds and out for five. Relaxation: achieved.



Enjoy the May Long Weekend

We wish you a happy, restful, and safe long weekend on May 24. Look for the next issue of The Quad on Friday June 4.



Wellness Tip of the Month

Consider gardening as a sure way of helping you feel better both physically and mentally. From lowering blood pressure to relieving stress, gardening is a healthy activity for people of all ages. For those without a backyard, consider container gardening.



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