



The Quad

a gathering place on
health
positivity
wellbeing
community



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Fitness Centre Update

While the Jamieson Place Fitness Centre remains closed, the Fitness Centre staff are still available for your support and exercise needs.

In addition to the online resources available to all members, the Fitness Centre is pleased to offer personal fitness training sessions for those essential staff that are accessing Jamieson Place.

Please visit the fitness page of our building's website

<https://www.jamiesonplace.com/index.php/amenities-services/fitness-centre> for more information and personal training sessions and virtual fitness resources and options.

BETTER TOGETHER



Virtual programming exclusively curated for QuadReal tenants



Eat, Work, Play, Repeat!

FEBRUARY 18 ~ NOON EASTERN + PACIFIC

Join Katie Chemij, Nutritionist and Chef, as she provides useful tips and delicious meal ideas to ensure everyone at home is eating well, without the stress!

[REGISTER FOR NOON ET](#)

[REGISTER FOR NOON PT / 1PM MT](#)



Six Skills for Resilience

FEBRUARY 23 ~ NOON EASTERN + PACIFIC

This informative presentation highlights six skills that can enhance your stress hardiness: how to manage your time, guard your health and more!

[REGISTER FOR NOON ET](#)

[REGISTER FOR NOON PT / 1PM MT](#)

Celebrating February

- It's [Black History Month](#). Read more about it in *Black History Month in the Present* in this issue
- On February 12 we welcome the Year of the Ox as [Lunar New Year](#) begins. Wishing all those who celebrate a very happy and healthy New Year
- Love and family will be celebrated on a long-weekend with Valentines Day, February 14 and Family Day on the 15. Watch our December webinar [There's Always Room for Chocolate](#) for two delicious and health-inspired [dessert recipes](#) all are sure to love
- The Jewish holiday of [Purim](#), on February 25, will see the recounting of the story of the Purim miracle, costume wearing, food parcel gifting and feasts.



Black History Month in the Present

February is [Black History Month](#); an opportunity for all of us to learn about past and present contributions of Black Canadians here at home and around the world. This year's theme is *The Future is Now*, celebrating the impactful work of Black Canadians and their communities today. Want to know more? Visit CBC's [Being Black in Canada](#) site for news, arts and entertainment stories featuring Black Canadians across the country.



Winter Festival... Virtually

The 43rd Winterlude will include a broadcast of the first-ever virtual National Ice-Carving Competition held simultaneously in seven locations across Canada. There is also live entertainment and figure skating, beginning at 7 p.m. ET on the [Canadian Heritage YouTube channel](#).

For those of us unable to lace up our skates and enjoy the frozen Rideau Canal, the online experience is a consolation. Although we suspect a virtual beaver tail treat will not be quite the same thing.

Health + Wellness Tip of the Month

Consider practicing one or more of the following six ways to help improve mental health:

1. Exercise
2. Spend time outside when possible
3. Connect with loved ones safely (such as virtually)
4. Prioritize sleep and self-care
5. Take breaks from news, and
6. Consider talking to a mental health professional





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