



A place to gather on the topics of health, wellbeing and positivity

Dear valued tenants,

Welcome to Issue #7! This week we have pulled together some resources and opportunities to help us all live happier, healthier and more inclusive lives.

We are pleased to inform you that the following retail tenants are now open for business:

Owen's Landing located on the main floor of the Jamieson Place will open their restaurant and patio on Monday, June 22. Their business hours are Monday to Friday, from 11 am to 9 pm. For more information, visit their website: <http://www.owenslanding.ca/>

Studio 400 located on the main floor of 240Fourth are now open by appointment only; please call 403-703-6256 for more information or to book an appointment.

Fitness Centre Updates. The series of live classes provided by our fitness centre staff are now put on hold as the staff focus on preparing the Fitness Centre reopening strategy. Visit

the fitness page of our building website for more information

<https://jamiesonplace.com/index.php/amenities-services/fitness-centre>

Continuing to celebrate PRIDE month. As we continue into the second half of June, we could not be more proud to spotlight [Pflag](#), a national charitable organization founded by parents who wished to help themselves and their family members understand and accept their LGBTQ2S children. Need support for a friend or family member? Or simply interested in learning more about the LGBTQ2S community? Pflag has [local chapters across Canada](#), offers online support, and can direct you to [a ton of great resources](#).

Some Great Big Stories [watch]. Surely we aren't the only ones spending more time watching YouTube videos? In our search for fresh content to share, we came across [this Great Big Stories channel](#) covering all sorts of rather unique topics ranging from the Boston Typewriter Orchestra (yes, you read that correctly) to Brazil's crystal blue lagoons and moving accounts of protests across the world. One thing all these videos have in common: breathtaking cinematography.

Happier together. Join [Action for Happiness](#) and Dr. Robert Waldinger, Professor of Psychiatry at Harvard Medical School, for an inspiring conversation as Dr. Waldinger shares insights from the world's biggest happiness study. [Click here](#) for the details.

...And in the meantime. Read about UBC's John Helliwell and [his work on the World Happiness Report](#) for the UN. This annual data and research is used around the world to help shape and inform policy.

This day in history. On June 19th, 1910, Father's Day was celebrated for the first time, taking place in Spokane, Washington. Fittingly, QuadReal wishes our readers and their families a very happy Father's Day this Sunday!

Help us shape future issues of the Quad. Send your questions, happiness tips and other suggestions to thequad@quadreal.com



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