




The Quad

a gathering place on
health
positivity
wellbeing
community



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BETTER
TOGETHER



Virtual programming exclusively curated for QuadReal tenants and residents



Pan to Plate: One-Pan Recipes

September 16 ~ Noon ET + Noon PT

Join Chef and Nutritionist Katie Chemij for a live cooking class exploring recipes which support clean eating habits and are made using just one pan.

[Register for Noon ET](#)

[Register for Noon PT](#)



Managing Your Time Like a Pro

September 21 ~ Noon ET + Noon PT

Having an endless to-do list is stressful, but there is a way to get it all done, leaving time for the things that really matter. Join Heather Lillico as she shares simple, yet effective time management strategies, so you can work smarter, not harder.

[Register for Noon ET](#)

[Register for Noon PT](#)

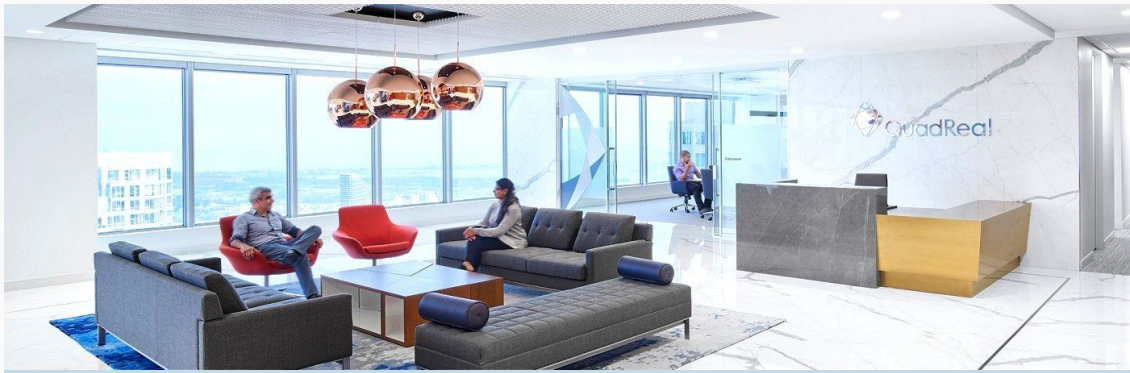


Clean Energy in Canada's North

September 28 ~ Noon MT (2 p.m. ET / 11 a.m. PT)

Join WWF-Canada for a special workshop that explores community energy planning in two northern Indigenous communities. Using real case studies, we will explore ways a renewable energy future in the Canadian Arctic is both viable and sustainable.

Learn more + Register: [HERE](#)



QuadReal Receives Fitwel® VRM Approval

QuadReal is proud to announce that its entire Canadian office portfolio has achieved Fitwel approval under the Viral Response Module (VRM). Fitwel, the world's leading certification system committed to building health, created the VRM to set the global standard to mitigate viral transmission in buildings. Its standard is a collaboration with global health experts and trusted industry advisors and allows companies to protect occupants from COVID-19 and other viruses within the workplace by focusing on air quality, cleanliness and mental health.

Learn more about how QuadReal is enhancing its indoor environments using Fitwel Viral Response Module.



Going for Gold

The 2020 **Olympic** and **Paralympic** games took place this year from July 23 to August 8 and August 24 to September 5, respectively. While events were closed to spectators and, at times, the ongoing pandemic overshadowed the excitement of the games,

Canadian athletes brought their very best to Tokyo. With a combined total of 12 gold metals, 16 silver and 17 bronze, Team Canada's Olympians and Paralympians proved that even a pandemic cannot keep them from the podium.

Watch an inspiring video about Paralympian Zak Madell, Wheelchair Rugby in **The Power of Sport**.



Orange Shirt Day

Since 2013, many across Canada have marked September 30 as **Orange Shirt Day** in recognition of the harms of the residential school system and an affirmation that every child matters. This year, the Government of Canada passed legislation to make September 30 a statutory holiday for federally regulated employees: National Day for Truth and Reconciliation.

Watch Phyllis Webstad explain the importance of Orange Shirt Day in **this short video**. We encourage everyone to honour the National Day for Truth and Reconciliation.

To learn more about residential schools and Truth and Reconciliation in Canada, **click here**. Please note, links may include distressing content. For support, the Indigenous **Hope for Wellness Helpline** can be reached at 1-855-242-3310.



Hay West

This summer has been tough on many Canadian farmers whether from the B.C. wildfires or the current, prolonged drought in the Prairies, where farmers have been selling their cattle due to a shortage of hay. In contrast, Maritime farmers have had surplus hay and have **offered to ship it to those who need it**. Termed “Hay West” this initiative reflects a sense of community among Canadian farmers, who come to the aid of one another **throughout the years**.

Generosity comes in many forms and this time it is in the form of cattle feed – for some, it is better than gold.



Getting the Job

This summer, provincial governments in **Alberta, Quebec, and Manitoba** launched vaccination lotteries with cash prizes and all-inclusive vacations. But for some, knowing more about the vaccine and the technology behind it may hold greater appeal.

Enter Canadian influencers Mitchell Moffit and Gregory Brown of **ASAPScience**, who have created a **short video** that simplifies the complicated world of vaccines and specifically, mRNA technology. Aside from a fun way to learn something new, you will be able to impress family and friends by telling them what 'mRNA' stands for.



Marmot Comeback

This past August, the Vancouver Island marmot made **national news** with the discovery of a new colony in Strathcona Park, B.C. This particular marmot is Canada's most endangered mammal and the August 16 discovery thrilled conservationists. According to the **Marmot Recovery Foundation**, there are about 200 Vancouver Island marmots in the wild, up from only 27 in 2003.

Curious to know more about the marmot? Watch **this video** or enjoy **two marmots at play**. Warning: cuteness overload and an urge to share with friends.



Happy New Year

This month, we celebrate Rosh Hashanah (Jewish New Year) and Nayrouz (Coptic Christian New Year.) To all who celebrate, our wishes of health and happiness: Shana Tova and Eid El Nayrouz.



Wellness Tip of the Month

September brings routine back into our lives and with it comes meal planning for lunch at school or work. Here are a few tips to help make healthy food and beverage choices simple and effective.

- Choose foods cooked in healthier ways such as baked, grilled, or poached.
- Make every meal a colourful one. Look for squash dishes, a variety of colourful vegetables on rice, or salads with dark, leafy greens like spinach.
- Choose whole grain options in rice, pasta, and bread.

Hungry to learn more? **Download** the Canada Food Guide Healthy Eating Tips.



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