

BULLETIN

April 27, 2021

Upcoming Webinars: Mind and Body Health

As part of Mental Health Awareness Week in Canada (May 3-9), QuadReal is pleased to host a 30-minute Mindfulness Break. The following week, we focus on outdoor fitness with the first of two Learn 2 Run workshops.

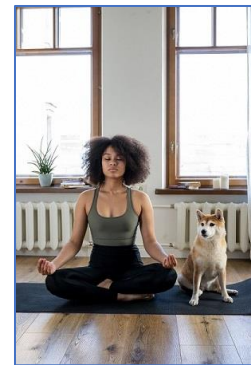
30-Minute Mindfulness Break

Join Meditation Teacher Heather Lillico for a live meditation experience. During this session you will be guided through breathing techniques, mental imagery, or body awareness practices to help you manage stress and bring a bit more Zen into your life.

EVENT DETAILS:

Tuesday, May 4

- 12:00-12:30 p.m. Eastern Time: [Register HERE](#)
- 12:00-12:30 p.m. Pacific Time: [Register HERE](#)



Learn 2 Run I: Basic Skills and Tips

This interactive virtual workshop, designed for new and beginner runners, will focus on foot strike and breathing techniques that support injury prevention and comfortable pacing. Join us for a relaxed learning experience that will help you gain the confidence and knowledge to develop a healthy, life-long relationship with running.

EVENT DETAILS:

Tuesday, May 11

- 12:00-1:00 p.m. Eastern Time: [Register HERE](#)
- 12:00-1:00 p.m. Pacific Time: [Register HERE](#)



For further inquiries, email thequad@quadreal.com