

Mohawk College's Employee

Revive and Thrive with Wellness Fair

February 21st & 22nd



DAY 1 February 21st

9:00 a.m. – 10:35 a.m: Keynote Presentation "Pure Minds" with Nina Purewal



Nina Purewal began her mindfulness journey over twenty years ago. After climbing the corporate ladder in sales & marketing for nearly a decade, she took a sabbatical and moved to California to unplug and live in an ashram for a year to further her learning of ancient wisdom and letting go. It's been her greatest passion to help others find happiness through adversity. With that, she founded Pure Minds Inc., a social enterprise that conducts mindfulness and meditation workshops for the corporate sector, with over 50 clients. She is the co-author of the International Bestseller, *Let That Sh*t Go*, Kids Podcast Host, and an Executive Grief Ambassador for The Seasons Centre for Grieving Children.

THE SESSION: A series of workshops that will:

- Drive focus & efficiency by letting go of what no longer serves you.
- Increase awareness of thoughts: mind controlling you → you controlling the mind.
- Understand the inner workings of the mind to help mitigate stress & anxiety.
- Build a toolkit of practical tips to be mindful in the everyday.
- Determine what derives temporary happiness versus permeant bliss.
- Say goodbye to worrying over the vast amount of things you cannot control.
- Learn how to approach life objectively without self judgement.
- Start to get go of past and future worries by focusing on the present.
- *Forgive, for your sake and better understand why this journey is about you.*
- *Dive into why forgiveness = freedom.*

11:00 a.m. – 11:50 a.m: **Journaling – Nikkita Campbell**



Nikkita is a Mohawk College Alumni graduating from the Recreation Therapy program and went on to achieve a degree in Community Recreation and Leisure. She has experience in events and program planning with a genuine passion for helping people with their well-being and chasing that sweet spot of self-fulfillment and happiness. Nikkita has crafted experiences that not only encourage expressive writing but also guide individuals on a journey of introspection and growth. She believes in the transformative power of journaling as a tool for fostering mindfulness, managing stress, and enhancing overall well-being. With a unique blend of expertise and creativity, she intends to make a meaningful impact in the realm of personal development through the artful practice of journaling.

THE SESSION: Embark on a transformative virtual journaling experience, emphasizing self-reflection and creative expression. We will discuss the benefits, guided through mindfulness exercises and themed prompts, participants explore challenges, ideal days, and personal goals. Cultivate a sense of connection, expressions of gratitude, and an invitation to set future intentions for ongoing personal growth.

12:00 p.m. – 1:00 p.m: **Yoga – Linda Rourke**



Linda fell in love with yoga about 17 years ago when she attended a class with a neighbour. It was a different experience from the other classes she had taken. Slow strong movements that incorporated body alignment, balance and breath. For years she continued to practice and 7 years ago she took her yoga teacher training. She has been teaching ever since. Her instructions are clear and easy to follow and the practice she teaches is for beginner to long time practitioner. She teaches two evenings a week at De La Sol Yoga studio in Hamilton. Since the pandemic Linda has been teaching two mornings a week via Zoom free on-

line classes to the college and alumni community. Linda is a Mohawk College Grad from the Televisions Broadcasting program and an Alumni of Distinction. She is a part of Mohawk College's communication team.

THE SESSION: You don't have to have any experience to join this session. It is suggested to have a yoga mat, or a non-slip surface. All you need to do is come with an open mind. You do not have to be flexible. Yoga is not about flexibility. It is about building stability, strength and length in the body. It helps ground us through breath, but also builds incredible strength and stamina. The best part is no one will see you. And don't worry, you are in good hands. Linda's approach gives you all the instruction you need to follow along, including seeing her. Don't be shy, come out and give it a try.

1:10 p.m. – 2:10 p.m: Dealing with Sleep Issues – Esther Cieri



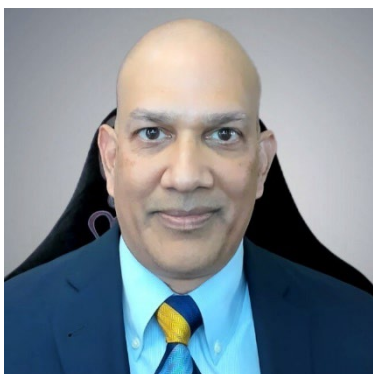
Esther has a passion for developing peoples' potential. She derives immense satisfaction from helping individuals achieve their goals by making small but profound life-enhancing changes. She hopes to inspire participants to take the knowledge they gain from TELUS Health sessions into their lives; to enrich, to challenge and to harmonize all they do on a daily basis.

Esther has been facilitating workplace wellness sessions for the past 20 years. In addition to presenting a variety of topics on health and wellness, she is certified to teach yoga, pilates and the Alexander Technique. Esther employs her unique skills as a movement therapist and mindfulness teacher to add valuable insights to the topics of stress management, increasing resiliency, communication skills and creating work/life balance.

THE SESSION: Do you have difficulty sleeping? In this program you will explore sleep disorders and their causes (circadian rhythms, insomnia and snoring/sleep apnea), discuss the benefits of sleep studies and examine sleep's relationship to stress and the release of cortisol. Additionally, you'll identify ways to address insomnia and leave with helpful resources.

DAY 2- February 22nd

9:00 a.m. – 10:05 a.m: Stress Relaxation Techniques – Glen Matadeen



Glen's multi-faceted career includes social work, coaching, counselling, student recruitment, workshop facilitation and training, teaching at college and university and operating his own businesses.

Glen worked at York University for 2 years and at the University of Toronto for 19 years, including being an Assistant Director at the Rotman School of Management. In 2014, he co-founded The School of Career Management with a focus on employee engagement. He has done training for the Ted Rogers School of Business, taught at Centennial College Business School and has been a sessional faculty at McMaster

University Faculty of Engineering for the past three years.

THE SESSION: Our minds and bodies need rest and recovery breaks to allow us to relax and reduce the effects of stress. While everyone has days that are hectic and unfocused, consistently feeling stressed out, rushed, or on the go can have a detrimental impact on a person, increasing their risk of experiencing a serious physical concern, such as heart disease or stroke. This seminar will show participants how to make time to calm down and reduce stress, using both proactive and reactive relaxation techniques.

10:15 a.m. – 11:20 a.m: **Meditation – Jo VanGroningen**



Jo has been a student of yoga for over 20 years. Leading her to become a teacher in 2016. Her studies include Hatha, Vinyasa, Yin and Mindfulness Meditation. Jo is a firm believer in making movement accessible to all bodies. She has also had a 25-year career in Mental Health working in various capacities.

THE SESSION: Jo will be discussing the benefits of meditation and yoga. In the course of the 60 minutes session, she will do 20 minutes in guided meditation, followed by 30 minutes of breath focused yoga (hatha) practice. Join Jo to unlock a peace of mind.

12:30 p.m. – 1:40 p.m: **Inflation and Managing Your Finances**



Michael Leung is a financial planner with the Retirement and Benefit Solutions group at TELUS Health. He provides consulting and subject matter expertise in financial planning and personal financial management through various solutions available to organizations and employees, including facilitated education sessions.

His experience in financial services includes various roles at a major Canadian bank for 18 years, including financial planner (CFP® professional), associate investment advisor, and senior learning consultant (manager/trainer).

In a prior teaching career, Michael taught English as a Second Language in Japan to students ranging from junior high school to university. He has an MA in teaching from Columbia University.

THE SESSION: Inflation can have various effects on our finances. In this webinar, we will discuss how to manage changes in your expenses, debt, savings, and investments when there are changes in inflation.

1:50 p.m. – 3:00 p.m: Nutrition & Mental Health: Improve Your Mood with Food



Bonnie Flemington, MBA, CNP, MRWP is a Certified Nutritionist with additional training in functional testing such as gut health assessments, hormone testing and bloodwork. Utilizing the right testing and analysing the data against client's symptoms and goals gives Bonnie the information she needs to create a personalized protocol that will expedite your healing.

Bonnie's clients cite her non-judgemental, responsive, and genuine approach as making a big difference in their success. Bonnie works with individual clients, runs online group and corporate wellness programs, and offers a digital done-for-you weekly meal planning program. To learn more, please follow Bonnie on her [website](#), [Instagram](#), [Facebook](#) or [LinkedIn](#).

THE SESSION: Supporting our mood and mental health has become a priority in recent years. And the openness with which we now discuss mental health gives us the opportunity to develop awareness and learn about all our options. If you've ever wondered how natural options can help, this webinar is for you. You will learn the signs to look for that indicates your body may need additional support, which foods, nutrients and lifestyle habits can help, and how the gut-brain connection plays a role. You will leave with actionable tips that you can get started on right away.