ACTIVITIES SCHEDULE

TUESDAY / MAY 26

- **Budget Breakers - 9:00am to 10:00am**
  "Where did all of my money go this month?" Does that question sound familiar? Ever wondered how you can still have more months to go but not enough money to cover the expenses? It's become common and "normal" to feel broke, and many of us aren't sure what the solution is. In this 1-hour webinar, we discuss ideas on how to manage your finances and ask any questions you may have. With a fun, interactive setting, participants will walk away with ideas, resources and a full curriculum upon request.

- **Centering Your Meals with Vegetables - 12:00pm to 1:00pm**
  We all know vegetables are healthy, but most of us don't know how to make them taste good, or we may feel uninspired by the same salad. Led by a registered dietitian, this session will review tips for flavouring vegetables, quick weeknight shortcuts, meal planning tips, and vegetable focused recipes. Whether you are a meat & potato lover, vegetarian, flexitarian, everyone is welcome to join!

- **Aquatic Experiences and Public Education - 2:00pm to 3:00pm**
  Learn about some water safety tips and tricks for staying safe in, on and around water this summer. Various topics will be covered throughout the four sessions during Employee Wellness Week along with opportunities to win prizes!

- **Supports for City of Edmonton Employees - 3:00pm to 4:00pm**
  Take this opportunity to learn about the benefits you have as a City of Edmonton employee. This presentation will include an overview of the Employee Family Assistance Program and the Employee Wellness and Supports Website.

WEDNESDAY / MAY 27

- **Aquatic Experiences and Public Education - 8:30am to 9:30am**
  Learn about some water safety tips and tricks for staying safe in, on and around water this summer. Various topics will be covered throughout the four sessions during Employee Wellness Week along with opportunities to win prizes!

- **Developing a Personal Resilience Employee Plan - 9:30am to 10:30am**
  Resilience is the ability to adapt to and recover from the challenges we encounter. We cannot always control the things that happen to us; however, through planning and developing strategies, we can reduce the impact that these situations have on our well-being.

  In this session you will be guided through the 4 elements of resiliency building outlined in the PREP workbook. This workbook is designed to help employees look ahead, anticipate challenges, and develop coping strategies as a means of building personal resilience.

  After this session, employees will be able to

  - Identify their unique stressors and automatic responses
  - Choose responses and prevention strategies that are more helpful
  - Learn the importance of an effective support system
  - Know how and who to reach out for when you need help

- **Yoga for Well-Being - 11:00am to 11:30am**
  This brief session explains how yoga is different from other fitness modalities and why it is ideally suited for health and well-being in times of challenge and stress. Join us for some simple movements, stretches and breathing techniques that can easily be done in whatever space you have.

- **SDO Open House - 11:30am to 12:30pm**
  Join Kezia Pendleton and Stacey Grilo for a brief presentation about the Safe Disclosure Office. Drop by, say hello and ask any questions you might have!

- **Mindfulness Session - 12:30pm to 1:00pm**
  Welcome to our online weekly corporate mindfulness session. No special equipment or previous experience with mindfulness is needed to participate. Please ensure you have your microphone muted and camera turned off when you join.

- **How to Deal With Conflict With Your Supervisor - 1:00pm to 2:00pm**
  Talking to your supervisor about conflict is difficult at the best of times. Under the current circumstances, it can be even more of a challenge. This session will provide some information on conflict resolution and offer some advice and tips on how to approach and navigate the situation with your supervisor in an effort to resolve conflict.

- **Raising Financially Fit Kids - 3:00pm to 4:00pm**
  Canadian households have some of the highest levels of debt in the world. The reasons are complicated and diverse however much can be attributed to the fact

that people just don't know how to manage their money. Most of us weren't born with money management talent, we weren't taught by our family, and we didn't learn in school. However, there's hope as money management is a teachable skill.

We need to help our children understand the benefits of smart money choices so they can go from financially fit kids to financially successful adults. We want to shed some light on the mystery of money management. In this webinar, you will learn how to

- Identify what the consequences of not teaching children about money
- Recognize what kids are learning from us in relations to money
- Start the conversation around money values
- Introduce money management to your children at an appropriate age
- Use an allowance as a strategy to teach money skills
- Identify teachable moments in everyday life
- Help your children to save, spend and give wisely
- Teach your children that money is a tool to be used wisely

The session will give you plenty of opportunity to share your best practices as well as ask questions of other parents and the facilitator.

THURSDAY / MAY 28

- **Alberta Blue Cross - Balance Benefits - 10:00am to 11:00am**
  Learn about the Alberta Blue Cross Balance program, why workplace wellness is important, recent enhancements and Alberta Blue Cross' COVID specific content.

- **Fostering Healthy Relationships - 11:00am to 12:00pm**
  Please join Community Development Social Worker Michelle Holubisky to discuss healthy relationships in our lives. Research informs us that healthy relationships have many benefits to both our physical and mental health. We will learn and discuss boundaries, as well as healthy ways of communicating with anyone in your life.

- **Yoga for Well-Being - 12:00pm to 12:30pm**
  This brief session explains how yoga is different from other fitness modalities and why it is ideally suited for health and well-being in times of challenge and stress. Join us for some simple movements, stretches and breathing techniques that can easily be done in any space you have.

- **Mindfulness Meditation - 2:00pm to 2:30pm**
  Mindfulness occurs when we are present and engaged in a moment with openness and non-judgement. Learn more about mindfulness basics and participate in a mindfulness practice.

- **Aquatic Experiences and Public Education - 3:00pm to 4:00pm**
  Learn about some water safety tips and tricks for staying safe in, on and around water this summer. Various topics will be covered throughout the four sessions during Employee Wellness Week along with opportunities to win prizes!

FRIDAY / MAY 29

- **Aquatic Experiences and Public Education - 1:00pm to 2:00pm**
  Learn about some water safety tips and tricks for staying safe in, on and around water this summer. Various topics will be covered throughout the four sessions during Employee Wellness Week along with opportunities to win prizes!