

YOUR WELLNESS MATTERS

NYTHP Pandemic Staff Wellness Program



Newsletter – March 2023

As members of the North York Toronto Health Partners (NYTHP) OHT, we invite you to participate in the staff wellness program organized for you!

“Your Wellness Matters” is a NYTHP staff resilience initiative that provides wellness information and resources across the NYTHP network. This collaborative approach helps NYTHP share tools and resources related to mindfulness, physical activity, nutrition, and psychological support. This newsletter is sent out monthly and includes upcoming wellness events, challenges, and activities.



Your Wellness Matters Newsletter over the year...

- ♥ 13 wellness webinars
 - ♥ 12 editions of the Your Wellness Matters Newsletter
 - ♥ 8 contests and challenges
 - ♥ Over 400 staff participants!
- Thank you NYTHP!**

Hormonal Imbalance in Women - Webinar

Join us for a virtual discussion on hormonal imbalance on **Monday, March 20th from 2pm to 3pm**. Mary Wu, a Registered Nutritional Health Specialist from the Toronto Metabolic Clinic, will discuss the causes, signs, and symptoms of hormonal imbalance, and treatment options. Please [REGISTER HERE](#) for this webinar.

Breathing Meditation & Nutrition Education - Webinar

Join us for a short wellness break on **Friday, March 24th from 11am to 11:30am**. Sharna Florence, from *Right Way Fitness & Wellness Inc.*, will lead a meditation and discuss holistic nutrition to improve overall health. All you need is a comfortable chair to sit on. No extra equipment is required for this session.

Please [REGISTER HERE](#) for this webinar.



Healthy Recipe Contest

March is Nutrition Month! Enter the Healthy Recipe Contest for the chance to win a prize! Submit 1 picture and your favourite recipe to csassa@betterlivinghealth.org by **Wednesday, March 22nd**.

March Wellness Resources

Activities for March Break

This March Break, plan a week's worth of fun family activities to do with your toddlers, kids or teens. [CLICK HERE](#) for a list of activities from *Destination Ontario*.

International Women's Day: Every Woman Counts



All women, from all ages and walks of life, have a place in every aspect of Canadian society! [CLICK HERE](#) for more information about how Canada is celebrating International Women's Day.

World Sleep Day

Sleep is essential for health. Just like eating well and exercising, sleep is foundational to one's physical, mental, and social well-being.

[CLICK HERE](#) for tips about how to get better sleep

[CLICK HERE](#) for information from the Canadian Sleep Society

[CLICK HERE](#) for more information from the World Sleep Society



Earth Hour



On March 25th at 8:30pm, as landmarks and homes across the world switch off their lights, spend 60 minutes doing anything positive for the planet! [CLICK HERE](#) for more information about Earth Hour.

Spring Clean Your Mind

A mental spring cleaning can be just as beneficial as a physical one. [CLICK HERE](#) for tips on how to clean you mental space this spring.

March Holidays and Observances

**Disclaimer: All holidays and observances may not be listed. Staff are invited to email csassa@betterlivinghealth.org with any observances that were missed. Missing observances will be listed in the next newsletter.

Nutrition Month

National Social Work Month

Irish Heritage Month

Black Mental Health Day – March 6th

Social Work Week – March 6th to 10th

Purim – March 7th

International Women's Day – March 8th

Daylight Saving Time Starts – March 12th

St. Patrick's Day – March 17th

World Sleep Day – March 17th

International Day for the Elimination of Racial Discrimination – March 21st

World Down Syndrome Day – March 21st

Ramadan Begins – Evening of March 22nd

Earth Hour – March 25th at 8:30pm to 9:30pm

Purple Day – March 26th

Trans Day of Visibility – March 31st



Simple & Healthy Recipe: *Blueberry Peach Chia Bowls*



Need new go-to breakfast? Try this recipe dish by *How Sweet Eats!* [CLICK HERE](#) for details. Share a picture of this recipe to be featured in our next newsletter!

Submit **1 picture** to csassa@betterlivinghealth.org by **Wednesday, March 22nd**.

Disclaimer: recipes can be modified according to your dietary needs and preferences

Ingredients

- ♥ 1/3 cup almond or coconut or cow's milk (other milk alternatives are welcome)
- ♥ 2 tablespoons chia seeds
- ♥ ½ teaspoon honey
- ♥ ¼ teaspoon vanilla extract
- ♥ 1 small peach sliced
- ♥ 1 tablespoon sliced almonds
- ♥ 1 handful fresh blueberries

Instructions

- ♥ 1. Stir together the milk, chia seeds, honey and vanilla extract. Let sit for 15 to 20 minutes, stirring once or twice in that time.
- ♥ 2. Once it sets up a bit (chia seeds will plump), cover with blueberries, peaches, and almonds! Eat immediately.



QR CODES

Get easier access to all of our wellness events with these QR codes! Feel free to print this page of the newsletter and post it **only in staff circulated areas** of your agency.



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Past Wellness Event: Happy Gut, Happy Mind – Part 2

The recording for this webinar is now available on the Wellness Section of the NYTHP website. [CLICK HERE](#) to visit the website or scan the QR code.



Call out to all NYTHP Agencies!

Is your agency hosting any wellness activities or events? Share them with the NYTHP Your Wellness Matters Program! Email csassa@betterlivinghealth.org for details.

NYTHP Website – Wellness Section!

Visit the [Wellness Section](#) of the NYTHP website to view past wellness webinars, resources, and newsletters.

Contribute to the Newsletter!

Want to contribute to the monthly wellness newsletter? Email csassa@betterlivinghealth.org for inquiries.

Subscribe to the Newsletter!

[CLICK HERE](#) to subscribe to the monthly wellness newsletter and receive updates on upcoming events and activities!

