

Wellness at UHN

Massage

- Seated massages
- Therapeutic massages



Physical Activity

- Bootcamp
- Yoga
- Pilates
- Core training



Lunch and Learns

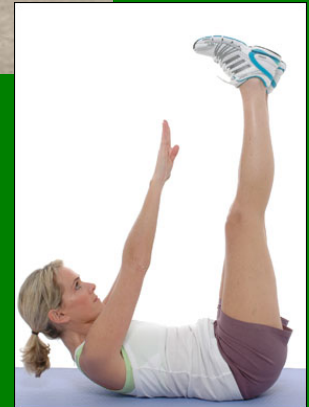
- Healthy snacks
- Seasonal cooking

Nutritional Counseling

- Meet with a registered dietician

Also...

- Triathlon
- Walking Club
- Health Challenges



*For UHN employees only

For more info contact the Wellness Centre at 14-4486

