

ADI Telehealth Calendar – September 2015-February 2016

September 2015 – Active kids!

Presenter: Brigitte Pereira or Natalie Wowk-Slukynsky

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------|--------------------------------------|-----------|----------|--------|
| | 1 | 2 | 3 | 4 |
| 7 Labor Day | 8 | 9 | 10 | 11 |
| 14 1:15-2:45 (Boardroom 330C) | 15 | 16 | 17 | 18 |
| 21 | 22 9:45-11:15 (Boardroom 330C) | 23 | 24 | 25 |
| 28 | 29 | 30 | | |

October 2015 – Healthy workplace

Presenter: Brigitte Pereira

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------|--------------------------------------|-----------|----------|--------|
| 5 | 6 | 7 | 8 | 9 |
| 12 Thanksgiving | 13 | 14 | 15 | 16 |
| 19 1:15-2:45 (Boardroom 330C) | 20 | 21 | 22 | 23 |
| 26 | 27 9:45-11:15 (Boardroom 330C) | 28 | 29 | 30 |

November 2015 – Diabetes and Mental Wellness

Presenter: Marlene Del Pino

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------|--------------------------------------|-----------------------|----------|--------|
| 2 | 3 | 4 | 5 | 6 |
| 9 1:15-2:45 (Boardroom 330C) | 10 | 11 Remembrance Day | 12 | 13 |
| 16 | 17 | 18 | 19 | 20 |
| 23 | 24 9:45-11:15 (Boardroom 330C) | 25 | 26 | 27 |
| 30 | | | | |

December 2015 – Festive healthy living

Presenter: Brigitte Pereira

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------|---------|-----------|----------|---------------------|
| | 1 | 2 | 3 | 4 |
| 7 1:15-2:45 (Boardroom 330C) | 8 | 9 | 10 | 11 |
| 14 | 15 | 16 | 17 | 18 |
| 21 | 22 | 23 | 24 | 25 Christmas Day |
| 28 | 29 | 30 | 31 | |

January 2016 – Smoking prevention – starting at birth

Presenter: Murray Gibson with MANTRA

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|------------------|-----------|----------|--------|
| | | | | 1 |
| 4 | 5 | 6 | 7 | 8 |
| 11 1:15-2:45 | 12 | 13 | 14 | 15 |
| 18 | 19 9:45-11:15 | 20 | 21 | 22 |
| 25 | 26 | 27 | 28 | 29 |

February 2016 – Nutrition Month

Presenter: Natalie Wowk-Slukynsky

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|------------------|-----------|----------|--------|
| 1 | 2 | 3 | 4 | 5 |
| 8 1:15-2:45 | 9 | 10 | 11 | 12 |
| 15 Louis Riel Day | 16 9:45-11:15 | 17 | 18 | 19 |
| 15 | 23 | 24 | 25 | 26 |
| 29 | | | | |