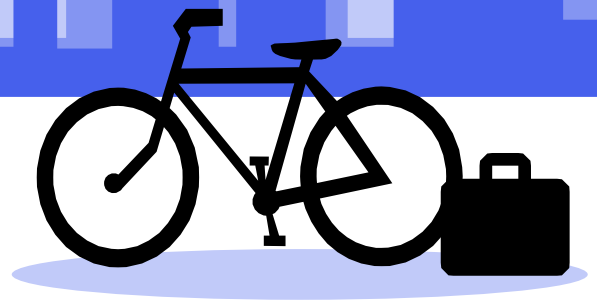


THE NEW TOTAL HEALTH



Understand why personal hygiene is an important part of good health and maintenance. • Learn about Ontario Works Health and Employment Benefits • Includes a clothing voucher from the Salvation Army to help you develop your personal style!

Dates: Wednesday, October 7, 14, 21, 28. November 4, 11 and 18 1:30-3 p.m.

DAY 1

Wellness Works: Living a Healthy Lifestyle

Ted Talk: Dean Furness “To Overcome Challenges, Stop Comparing Yourself to Others”

DAY 2

Designing a Workspace for Inspiring Creativity

The History of Feng Shui and Decluttering Your Living space

Feng Shui makes you aware of how your surroundings affect you. It provides tools and methods to change the way you live to achieve specific results and increase your overall well-being, happiness and success

DAY 3

Attitude VS Assertiveness and Communication Styles

Working with Diverse Personalities

DAY 4

Proper Nutrition for Brain Health

Participants will be required to pick, learn and create a signature healthy dish which they will discuss with the group (funding available to help support this activity)

DAY 5

Developing Your Personal Style and Choosing a Versatile Interview Outfit

Fashion basics (Salvation Army clothing vouchers will be provided)

DAY 6

Live Demo Make Up Tutorial of a Simple and Neutral Look for Interviews

Skin Care Routine for Men and Grooming Tips