

WATERFRONT WINTER

WELLNESS NEWSLETTER

PRESENTED BY **CF** Cadillac Fairview

WELCOME TO WINTER WELLNESS WITH CF

Jumpstart January with Winter Wellness!

This newsletter is your guide to CF's array of amenities designed to enhance your wellbeing within the workplace. Explore the benefits of our wellness initiatives which includes everything from information about our fitness initiatives, Pet Therapy Days, to our Urban Farm and Beekeeping.

Meet you there!



FITNESS CLASSES



200 GRANVILLE
MONDAY - THURSDAY
12:10 P.M. - 12:55 P.M.
OR
1:10 P.M. - 1:55 P.M.

Start the year strong by joining our fitness classes and kickstart a healthier, happier you in 2024! From heart-pumping core fit to soothing yoga, our expert-led sessions cater to all levels. Break a sweat, boost your mood, and foster a sense of community with fellow tenants.



WELLNESS FACT

Regular physical activity can help boost and maintain overall well-being.

WINTER WEEKLY FITNESS CLASS SCHEDULE



YOGA CLASSES

MONDAYS

12:10 P.M. - 12:55 P.M.

THURSDAYS

1:10 P.M. - 1:55 P.M.

\$160 - 10 CLASS PASS

\$85 - 5 CLASS PASS

\$20 - DROP IN

R.E.P.S. CLASSES

TUESDAYS

12:10 P.M. - 12:55 P.M.

\$90 - 10 CLASS PASS

\$50 - 5 CLASS PASS

\$12 - DROP IN

CORE FIT CLASSES

WEDNESDAYS

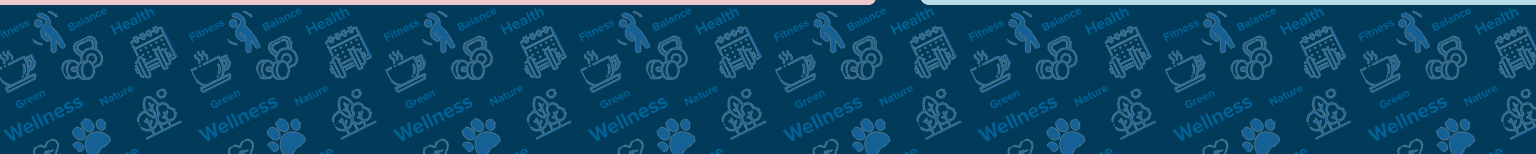
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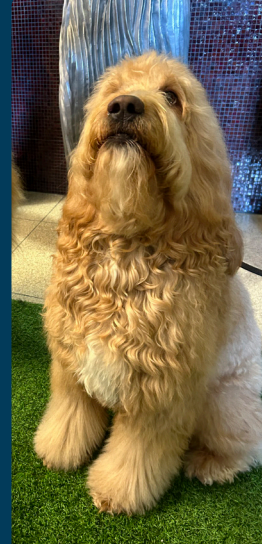
Email pwcfitness@cadillacfairview.com
to register for your fitness class



PET THERAPY DAY



200 GRANVILLE LOBBY



FOR A "PAWS" IN THE WORKDAY

Cadillac Fairview has partnered with Pets and Friends to bring pet therapy to the 200 Granville lobby, for all those that could use some stress release and improved overall well-being.



WELLNESS FACT

Interactions with therapy dogs have been proven to help decrease stress levels, create a calming effect and simply provide moments of undistracted joy.



WEDNESDAY
FEBRUARY 14

11:30 A.M. - 1:00 P.M.

CLICK HERE
TO RSVP
FOR PET
THERAPY
DAY



HEALTHY HEART, HEALTHY YOU, THROUGH NUTRITION



HOSTED
BY HOLISTIC
NUTRITIONIST
MANDY KING,
WITH HEAL
WELLNESS



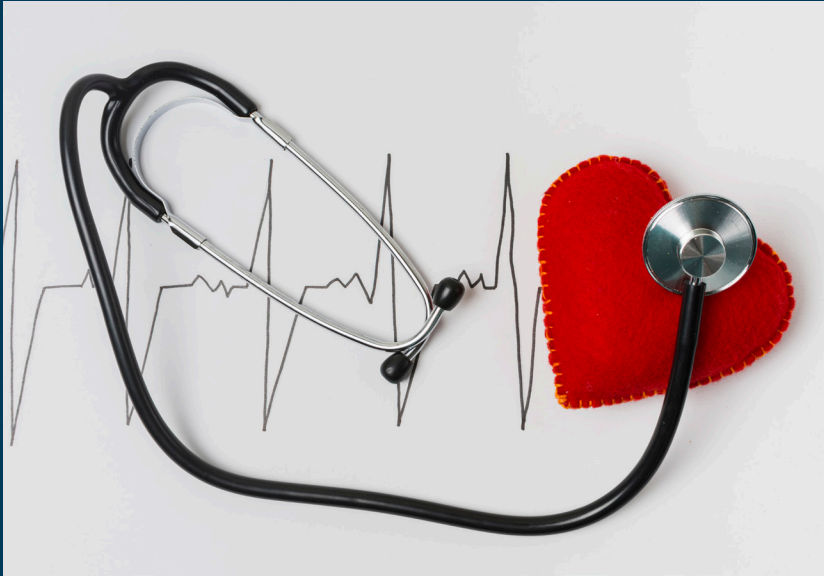
PwC PLACE TENANT MEETING ROOM,
250 HOWE

JOIN US FOR AN IN-PERSON
LUNCH AND LEARN

THURSDAY
FEBRUARY 8

12:00 P.M. - 1:00 P.M.

[CLICK
HERE TO
RSVP](#)



WHAT YOU'LL LEARN

- Heart health with recipes and guidance.
- The best anti-inflammatory foods and recipes (plus the worst).
- Science-backed lifestyle tips for a healthier heart.
- Foods to improve cholesterol levels (and some cholesterol myth-busting).



URBAN FARM PRESENTED BY CF



THE STATION TERRACE



WELLNESS FACT

Several studies have shown that contact with nature reduces stress and anxiety as well as increasing well-being and performance at school or work.



2023 SEASON FUN FACTS



500

EDIBLE PLANTS WERE GROWN IN THE CF URBAN FARM. EDIBLE FLOWERING PLANTS PROVIDE FOOD AND SHELTER FOR POLLINATORS AND OTHER BENEFICIAL INSECTS.



300

POUNDS OF VEGETABLES, EDIBLE FLOWERS AND HERBS WERE HARVESTED. ALL OF THE PRODUCE WAS DONATED TO LOCAL FOOD BANKS AND THE CF COMMUNITY.



160

MEALS OFFERED TO THE BREAKFAST CLUB OF CANADA.



Look out for upcoming lobby pop-ups with produce giveaways and invitations for workshops to learn more about the Urban Farm presented by CF.

URBAN BEEKEEPING



200 GRANVILLE LOWER ANNEX ROOF



In partnership with Alveole, Cadillac Fairview has taken thousands of bees under its wings by installing beehives to produce local honey, develop the biodiversity of the city and contribute to local greening!

WELLNESS FACT

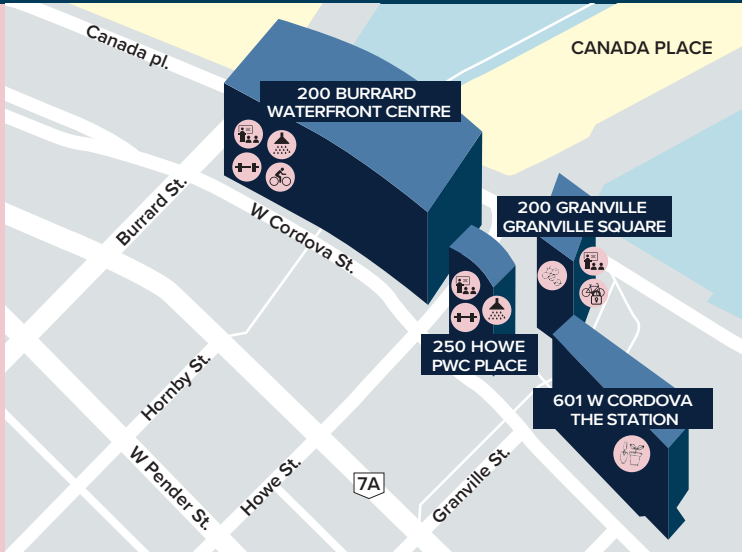
Consumption of local honey can reduce pollen allergies.



Look out for invitations to upcoming beekeeping workshops to learn more about urban beekeeping at CF.

CF WELLNESS AMENITIES & ACTIVATIONS MAP

For more information on the fitness facilities, change rooms / showers, bike cages and bike lockers please contact:
pwcfitness@cadillacfairview.com



FITNESS FACILITIES

- Waterfront Properties has two fully equipped fitness facilities – one located at Waterfront Centre for tenants of Waterfront Centre only, and one located at PwC Place for tenants of Granville Square, PwC Place, and The Station.



CHANGE ROOMS / SHOWERS

- Waterfront Properties has three shower facilities – one located at Waterfront Centre for Waterfront Centre tenants only, one located at Granville Square for Granville Square tenants only, and one located at PwC Place for tenants of PwC Place, Granville Square and The Station.



EXECUTIVE BIKE LOCKERS

- Located on 200 Granville P1 and available for rental. Each individual locker accommodates a single bike, is equipped with a valet hook for gear and secure access via a unique passcode.
- The facility also offers clothes dryers to ensure your gear stays dry, along with a well-equipped repair stand with high-quality tools and a commercial-grade pump.



BIKE CAGES

- Secured bike cages are available to tenants on the parkade levels.



URBAN BEEKEEPING

- Located on the 200 Granville Lower Annex Roof.



CONFERENCE CENTRES

- At 200 Burrard, 250 Howe and 200 Granville, each office tower contains a conference centre for the exclusive use of tenants.
- For more information and rates please contact Cadillac Fairview at 604.646.8020



URBAN FARM

- The Urban Farm presented by CF is located at The Station terrace.

CF CONCIERGE



[CLICK HERE TO DOWNLOAD THE CF CONCIERGE APP TODAY](#)

WINTER WELLNESS DRAW

Tell us your 2024 wellness goals in the Winter Wellness tile in CF Concierge and be entered for a chance to win a prize until March 1, 2024.

STAY UP TO DATE ON ALL BUILDING NEWS, AMENITIES, INFORMATION AND EVENTS HOSTED WITHIN YOUR BUILDING ON THE CF CONCIERGE APP.

CONTACT



For more information, please contact Cadillac Fairview through the portals below.

**CADILLAC FAIRVIEW MANAGEMENT OFFICE /
PROPERTY AMENITIES**

T: 604.646.8020

**FITNESS INQUIRIES AND FITNESS
CLASS REGISTRATION**

E. pwcfitness@cadillacfairview.com

CF | Meet you there