

TDC TOGETHER

YOUR GUIDE TO WORKPLACE WELLNESS
& SUSTAINABILITY AT TDC

FALL 2023
QUARTERLY NEWSLETTER



HEALTHY EATING ON THE GO WEBINAR RECORDING

On September 28th, TDC held a webinar, hosted by registered dietitian and certified exercise physiologist, [Terence Boateng](#). Terence uncovered the secret to making nutritious food choices on the go and ways to make low-prep meals. [View the recording here.](#)

CONNECT THROUGH ART THERAPY WEBINAR OCTOBER 12 12-1p m

In this webinar, led by art therapist, [Mollia May Weidman](#), you'll get to connect with others in the CF community through mindful art practice. Learn how to foster empathy and community through simple art exercises. Make sure to have your drawing instruments and paper ready. [RSVP at TDCevents@cadillacfairview.com.](mailto:RSVP@TDCevents@cadillacfairview.com)



ANNUAL TDC FLU PREVENTION CAMPAIGN RETURNS

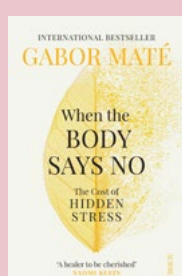
Appointments, starting on October 30th, will be hosted at Shoppers Drug Mart, and are [available for sign-up here](#). The first 100 appointments will receive a free Flu Kit, compliments of TD Centre. Stay tuned for further details!



MAKE SPACE FOR YOUR MENTAL HEALTH POSTER

In stressful times, give your mind a break. Make space for your mental health and yourself by taking time to reset and rest. [Check out the poster here and share it with colleagues this World Mental Health Day \(October 10\).](#)

CF WELLNESS BOOK CLUB



Up Your Wellness Knowledge with TDC's Free Library!

TDC's Wellness Library is a free resource available to all TDC occupants. With over 60 unique wellness-focused books in total, 10 titles can be found at each tower. Simply ask your concierge for the book catalogue, and sign one out for free today!

Fall Read: When the Body Says No: The Cost of Hidden Stress – Gabor Maté
We all know that stress can have an effect on our physical health, but how? "When the Body Says No: The Cost of Hidden Stress" by Gabor Maté (located at 79 Wellington Street W.) is a thought-provoking read that will demonstrate to readers the deeper connection between our emotional experiences and our overall well-being. The book delves into the ways in which chronic stress, often stemming from unexpressed emotions, repressed traumas, and unhealthy coping mechanisms, can manifest as various physical illnesses. Learn through personal narratives and research how to overcome your own personal stress to enhance your well-being.