

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 live music in our lobbies.

Meet you there!



CF SMART FITNESS GYM

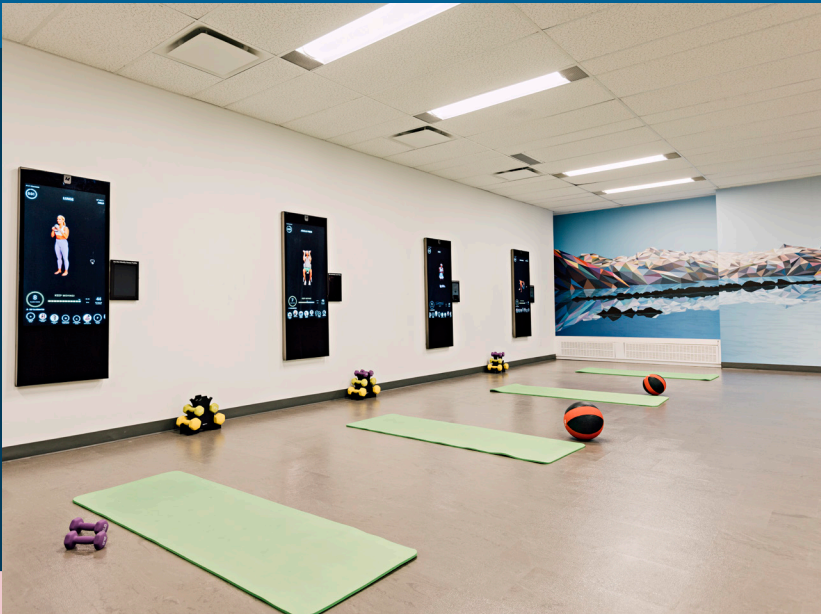


**SUITE 235,
701 W GEORGIA**

**OPEN
MONDAY - FRIDAY
6:00 A.M. - 7:00 P.M.**

WHAT IS INCLUDED?

The new gym is equipped with four smart mirrors, four rowers with smart design touches, four exercise bikes and a strength training system that features a rope pull and accessories.



WELLNESS FACT

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

**CF SMART FITNESS GYM
WEEKLY WINTER CLASSES
STARTING JANUARY 16**



Start the year strong by joining our fitness classes and kickstart a healthier, happier you in 2024! From heart-pumping cardio 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.

YIN YOGA CLASSES TUESDAYS

**CLASS 1: 11:30 A.M. - 12:15 P.M.
CLASS 2: 12:30 P.M. - 1:15 P.M.**

SLOW FLOW HATHA YOGA CLASSES WEDNESDAYS

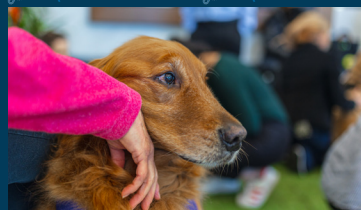
**CLASS 1: 11:30 A.M. - 12:15 P.M.
CLASS 2: 12:30 P.M. - 1:15 P.M.**

CORE & STRETCH CLASSES THURSDAYS

**CLASS 1: 11:30 A.M. - 12:15 P.M.
CLASS 2: 12:30 P.M. - 1:15 P.M.**

**CLICK HERE TO REGISTER FOR
YOUR FITNESS CLASS**

PET THERAPY DAY



FOR A "PAWS" IN THE WORKDAY

Cadillac Fairview has partnered with Pets and Friends to bring pet therapy to the 725 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.



MONDAY
JANUARY 15

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

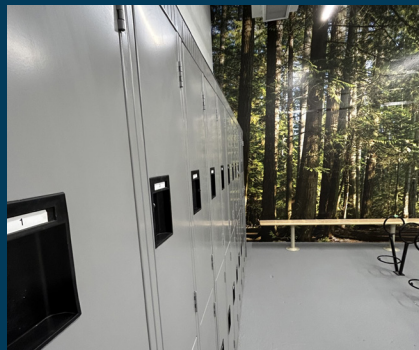
725 GRANVILLE LOBBY

**CLICK HERE
TO RSVP
FOR PET
THERAPY
DAY**

THE UPGRADED BIKE ROOM



TENANTS CAN ACCESS THE UPGRADED BIKE ROOM VIA THE P1 LEVEL OF 777 DUNSMUIR.



777 DUNSMUIR BIKE ROOM

We are pleased to announce the reopening of the newly improved bike room with a brand new mural, bright lighting, storage lockers and new flooring throughout.



Tenants who would like to have access to this bike room (or any other bike room on the property), should contact their office administrator, and they can assist by sending the request to pccaccesscard@cadillacfairview.com

WELLNESS FACT

Turning physical activity into a regular part of your work day schedule can make it easier to stay active.



POP-UP PIANO PERFORMANCES



AT THE NEW 885 W GEORGIA LOWER ATRIUM GRAND PIANO

CF is now featuring upcoming live performances throughout the workday! Keep an eye out for special guest musician & CF Host Michael Mitchell's lunch hour music series!

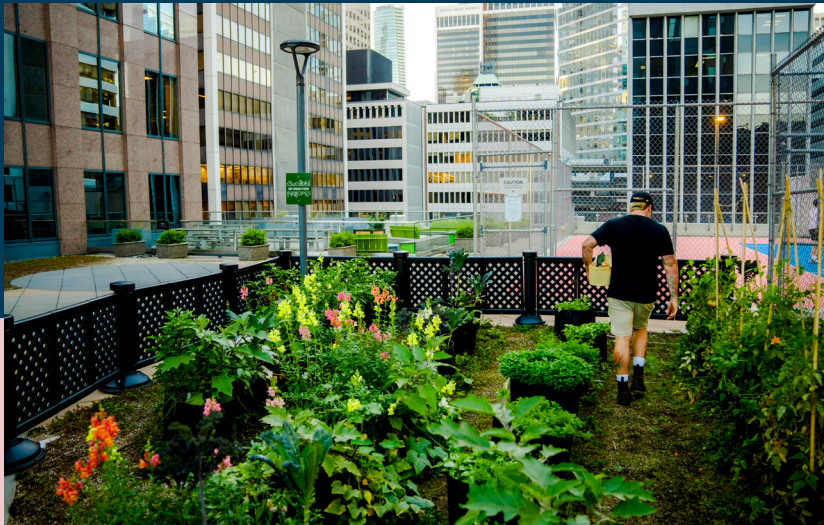
Music provides a total brain workout. Research has shown that listening to music can reduce anxiety, blood pressure, pain as well as improve sleep quality, mood, mental alertness, and memory.



URBAN FARM PRESENTED BY CF



THE CF OUTDOOR TERRACE AT 737 DUNSMUIR



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 at CF.

URBAN BEEKEEPING



THE BEEHIVES LOCATED ON THE 725 GRANVILLE 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

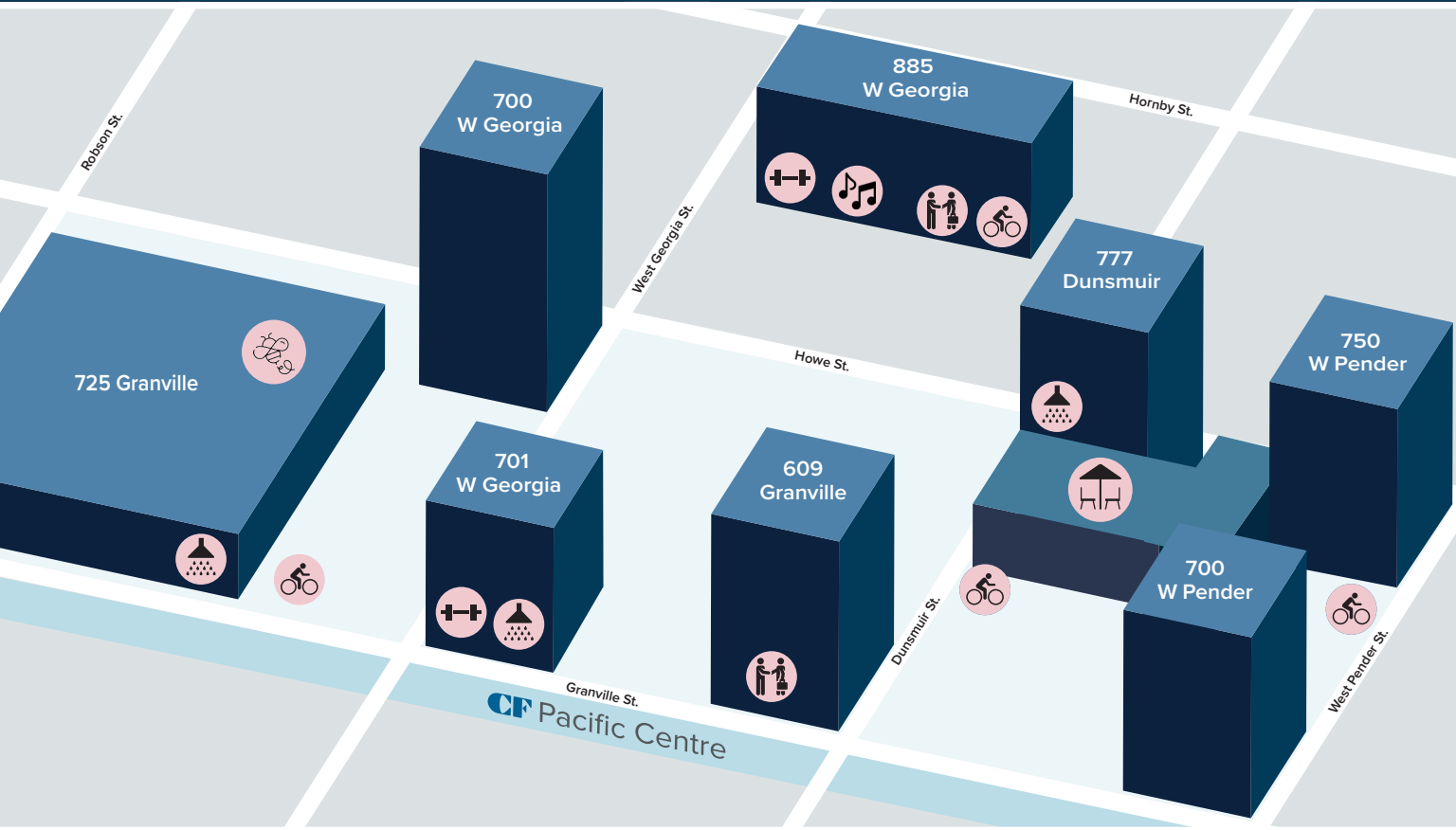
Consumption of local honey can reduce pollen allergies.



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 amenities and bookings, please contact the Cadillac Fairview Management Office at vanamenities@cadillacfairview.com





BIKE CAGES

- 777 Dunsmuir, P1 Level, 2 bike storage lockers
- 700 and 750 W Pender, P1 Level, at the bottom of the ramp
- 700 W Georgia, Pacific Centre South Parkade, P1 Level at either side of the Canada Line elevator
- 885 W Georgia, P1 Level, adjacent to the parking vestibule



CF FITNESS / CF SMART FITNESS

- CF Fitness Centre, accessible from the main 885 W Georgia lobby, down the stairs from the CF Host / Security desk
- CF Smart Fitness Centre, accessible from the 2nd floor of 701 W Georgia.



CF CHANGE ROOMS / SHOWERS

- 885 W Georgia, accessible from the main lobby, attached to the fitness centre down the stairs from the CF Host / security desk.
- 701 W Georgia located on the second floor of the building



CF TERRACE / CF URBAN FARM

- The CF Terrace and CF Urban Farm are located at 737 Dunsmuir, accessible from third floor of 777 Dunsmuir.



MEETING ROOMS

- 885 W Georgia, located in the back of the upper lobby adjacent to the parkade shuttle elevators
- 609 Granville, located on the 9th floor of the building, accessible through the elevators in the 609 Granville Lobby.



URBAN BEEKEEPING

- Located on the 725 Granville roof.



PIANO PERFORMANCES

- The pop-up performances are located in the 885 W Georgia atrium.



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.

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.

CF CONNECT

(24 hours / 7 days a week)

T: 1-800-665-1000

E: cfconnect@cadillacfairview.com

CADILLAC FAIRVIEW MANAGEMENT OFFICE / PROPERTY AMENITIES

E: vanamenities@cadillacfairview.com

CF | Meet you there