



Live Well, Work Well

DID YOU KNOW?

- The London Public Library offers many Wellness workshops that you can attend either in-person or virtually.
- The Spring Equinox is set for Thursday, March 20, 2025 at 5:01 a.m.

TRY THIS

The Focus Superpower: Unplug and Disconnect
by Dr. Greg Wells

<https://drgregwells.com/blog/make-room-for-mindfulness-unplug-and-disconnect>

Have Fun: The Key to Health and Well-Being
by Dr. Greg Wells

<https://drgregwells.com/blog/have-fun-the-key-to-health-and-well-being>

WORDS OF WISDOM

Be proud of the work you do,
the brilliant person you are,
and the difference you make.

SUPPORTS FOR MEMBERS

The Ontario Teachers' Pension Plan offers retirement workshops and a 'pension calculator'. These and other helpful information can be found at <https://www.otpp.com/en-ca/>

LOCAL ACTIVITIES

Organized by the Local office:

- **Golf Tournament - Saturday, May 24, 2025**

In the Community:

- **Social Media & Mental Health Seminar/Webinar**
<https://www.eventbrite.ca/e/social-media-mental-health-tickets-1091178126149?aff=ebdssbdestsearch>
- **Mindfulness Seminar/Webinar**
<https://www.eventbrite.ca/e/mindfulness-tickets-1089941587629?aff=ebdssbdestsearch>
- **I am Enough – A Musical Cabaret with Sherry Garner**
<https://www.eventbrite.ca/e/i-am-enough-a-musical-cabaret-with-sherry-garner-tickets-1201291387879?aff=ebdssbdestsearch>