

## 2010 CHSI Calendar of Events

<b>Date</b>	<b>Event</b>	<b>Committee</b>	<b>Time</b>	<b>Location</b>
Tuesday, April 20	KXI – Sleep Hygiene & Fatigue	Corporate Wellness	11:30am – 1pm	Knowledge Exchange
Tuesday, May 11	KXI – How to Use the Gym & Maximize Your Work-outs	Corporate Wellness	11:30am – 1pm	CHSI Gym/Fitness Room
Tuesday, June 8	KXI – Natural Health & Beauty Wellness	Corporate Wellness	11:30am – 1pm	Knowledge Exchange
Tuesday, June 15	Design Your Own Lecture & Webinar – Dr. Oz Style	Corporate Wellness	12pm – 1pm	Training Room 5
Tuesday, August 10	Blood Donor Clinic		10am – 2pm	Presentation Centre
Tuesday, September 14	KXI – Super Foods Supplements & Nutrition	Corporate Wellness	11:30am – 1pm	Knowledge Exchange
Wednesday, September 29	Immunity Boosting: How to Prepare for the Flu? Lecture & Webinar	Corporate Wellness	12pm – 12:30pm	Training Room 4
Friday, October 1	CHSI Wellness Fair & Open House	KSS	11am – 2pm	Presentation Centre
Tuesday, November 9	KXI – His & Her Health	Corporate Wellness	11:30am – 1pm	Knowledge Exchange
Monday, November 22	Blood Donor Clinic		10am – 2pm	Presentation Centre
Thursday, December 9	Tenant Appreciation Lunch		11:30am – 1:30pm	CHSI Cafeteria