### October Healthy Workplace activities

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<th>Sunday</th>
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| Ottawa Butterfly Show 9:00am – 4:00pm  
Sept 29 – Oct 7  
Nesbitt Building | Healthy Habits Challenge begins today! Register and download your tracking sheet at carleton.ca/hwp | Basics of Photography  
3-Week Series  
Sept 18, 25 & Oct 2  
Chris Strangemore  
481 Library | Canning & Preserving Workshop  
Chef Poulin  
Dining Services  
Noon – 1pm  
2017 Dunton Tower | Brenne Brown Book Club  
Fridays, starting Oct 5  
Noon – 1pm  
481 Library | Zombie Run  
Leave your personal best aside and take on the challenge of darting through a 2.5k haunted trail. |
| 7 | Thanksgiving  
University closed | Goal Setting Workshop  
Amanda Dobie  
Noon – 1pm  
482 Library | Ultimate Frisbee  
Wednesdays  
Noon – 1pm  
Fieldhouse | Fall Reset Workshop  
Alanna Byrnet, ND  
Noon – 1pm  
608 Robertson Hall | Lunchtime Ice Hockey  
Tuesdays & Fridays  
Carleton Ice House  
Registration required |
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| 14 | Fall Rhapsody  
Sept 29 – Oct 21  
Experience the magical fall colours of Gatineau Park! | Zero Waste Living  
Noon – 1pm  
The Oasis | United Way Volunteer Orientation Session  
Noon – 1pm  
Find out more at carleton.ca/united-way | Outspacing the Overwhelm  
(Work-Life Balance) Workshop  
Jeffrey Edwards  
9:00am – 12:00pm  
503 Library | Carleton's Special  
Constable 25-Year Celebration Event  
1-3pm  
Thursday, October 18  
Res Comms Conference Rooms |
| 15 | Getting Involved on Campus Info Session  
Noon – 1pm  
2017 Dunton Tower | United Way Soup Lunch Campaign Launch Event  
11:30am – 1:30pm  
UC Galleria | RRSP vs. TFSA Info Session  
John Kilcher  
Noon – 1pm  
608 Robertson | Provost Pancake Breakfast for United Way  
8:00 – 9:30am  
UC Galleria | Lunchtime Squash  
Mondays & Fridays  
Noon – 1pm  
Athletics Squash Courts |
| 21 | Fall Reading Week  
October 22-26 | Build Your Own Freezer Bag Meal  
Dining Services  
Noon – 1pm  
270 Residence Commons | United Way Soup Lunch Campaign Launch Event  
11:30am – 1:30pm  
UC Galleria | Lunchtime Squash  
Mondays & Fridays  
Noon – 1pm  
Athletics Squash Courts | | |
| 28 | Pumpkinferno  
Sept 28 – Oct 28  
Upper Canada Village | Saving Strategies: Easy Concept, Difficult Reality  
CPA Canada  
Noon – 1pm  
482 Library | Halloween  
Experience of a Self-Publisher  
Amanda Sterczyk  
Noon – 1pm  
506 Tory Building | | | |

October is Healthy Workplace Month – a nation-wide initiative that aims to increase awareness of the need for a comprehensive approach to workplace health in Canada.

For the full list of Healthy Workplace activities and programs, visit our website: carleton.ca/hwp or click on the headings to be taken to their web pages.