

OCTOBER WELLNESS NEWSLETTER

Wellness is the holistic integration of physical, social, emotional, financial, cultural, spiritual, intellectual, and environmental dimensions. Below are a few quick tips and resources for enhancing your wellness this October!



TRY A NEW FALL RECIPE

A balanced nutritional intake means food whose nutritional content is in accordance with one's needs. Here is a link to some yummy fall recipes to try out:
<https://www.halfbakedharvest.com/>



KINGSTON EVENTS

A great way to socialize with friends and family is to attend one of Kingston's many events like Pumpkin Inferno or the Farmer's Market! Below is a link to the Kingston October events:
<https://www.visitkingston.ca/events/>



GO FOR A HIKE

Check out some fall views on your downtime! Hikes like Rock Dunder or K&P Trail would be a great way to get some physical exercise while connecting with nature:
<https://www.alltrails.com/canada/ontario/kingston/walking>



PRACTICE MINDFULNESS

Practicing mindfulness could mean engaging in meditation, journaling, and/or breathing exercises. Here is an article on mindfulness:
<https://news.harvard.edu/gazette/story/2018/04/less-stress-clearer-thoughts-with-mindfulness-meditation/>