

Feel good in mind and body this November with your own wellness calendar.

## WELCOME TO THE URBAN PARK

275 KENT ST.



Download the *Relaxing Rhythms* at 275 Kent St. *Spotify* playlist and enjoy some sunshine in The Urban Park.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> Need to relieve some stress and anxiety? Download the Relaxing Rhythms at 275 Kent St playlist on Spotify and listen to some music in the The Urban Park.	<b>2</b>
<b>3</b>	<b>4</b> Commuting? Try going a different way home today to break up the routine.	<b>5</b> Sushi Hub Special today - Buy 2 rolls and get a 3rd one free!	<b>6</b> The Naked Duck are offering a "Breakfast Special" for the whole month of November - \$2 coffee with any breakfast order. Head in store for details now.	<b>7</b> Spend 15mins reading in The Urban Park for some fresh air today.	<b>8</b> Drop a line at Urban Park Seafood for a fresh catch of the day or the infamous Snack Pack for only \$12.90	<b>9</b>
<b>10</b>	<b>11</b> De-clutter your desk or draw at work today. A clean workshop can do wonders for boosting productivity!	<b>12</b> Not sure what's for lunch today? Customise your own roll at Pappy's for the perfect mix of protein and veggies.	<b>13</b> Challenge yourself! Make an effort to use the stairs or walk. Just ten flights of stairs will help you burn 25+ calories and increase your endurance.	<b>14</b> Slurp down some noodles at Kou Ramen.	<b>15</b> Did you know from November 11th - 17th is National Recycling Week? What can you do today to reduce your environmental footprint?	<b>16</b>
<b>17</b>	<b>18</b> Book a meeting outside or stretch for five minutes at your desk to get your week off to a great start.	<b>19</b> After something healthy and fresh? Head to Fishbowl for all of the colours of the rainbow!	<b>20</b> Clean your mind and stretch your legs. Go for a 20min walk outside.	<b>21</b> Leave your desk and soak up the sunshine in the Urban Park for 15mins to help stimulate your body's production of vitamin D.	<b>22</b> Did you know November is World Vegan Month? Don't knock it until try it! Head to Feast of Istanbul for some vegan friendly options.	<b>23</b>
	<b>25</b> Concentrate on your breathing. Try starting with 10 breaths, counting each one.	<b>26</b> Stay hydrated... Don't forget to drink at least 8 glasses of water today.	<b>27</b> Try some authentic Malaysian street food at Ever Laksa. Jimmy's recipes are from Ipoh, a city almost exactly halfway between Penang and KL.	<b>28</b> Eat your lunch outside in The Urban Park.	<b>29</b> After your meal take a ten-minute walk around the Urban Park today to aid digestion, lower blood sugar and burn calories!	