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A place to gather on the topics of health, wellbeing and positivity

Dear valued tenants,

Welcome to October and Issue 11! Counteract some of the looming, cooler weather with resources to warm the heart, body and mind, including four virtual events this month, the new QuadReal+ app, contemporary art and more.

QuadReal+ App. With so many companies preparing for the return of their teams to the workplace, our team is doing all we can to ensure that QuadReal properties are safe spaces for everyone. To ensure you know how we're keeping you safe, we have created a new tenant app called QuadReal+. QuadReal+ allows you to stay directly connected to our teams and provides you with tools and services to optimize your office experience as we all navigate these new challenges together. Please read more details [here](#).



Join us virtually this October:

- **From Hive to Honey Jar.** October 8. 1:00 p.m. ET. Learn more + register [HERE](#).
- **How to Build an @ Home Workout Program.** October 15. 12:00 p.m. ET. Learn more + register [HERE](#).
- **Keeping Canadian Shorelines Healthy with WWF-Canada.** October 21. 12:30 p.m. ET. Learn more + register [HERE](#).
- **Food, Health + Community, a conversation with FoodShare.** October 28. 12:00 p.m. ET. Read more and register [HERE](#).

Missed an event? Watch September's webinar recordings:

- [Cook, Work, Play, Repeat!](#) + [Event Handout](#)
- [Native Gardening with WWF-Canada](#)

Better Together is QuadReal's virtual program exclusively curated for our tenant community.

October 10 is World Mental Health Day. This year has been tough on many of us... let's take some time for ourselves on Saturday, October 10 for a quiet moment of positive reflection. For children ages 6-11, *My Hero Is You*, is a new story book that aims to help children understand and come to terms with COVID-19. [Download](#) the book, or [watch](#) singer/song writer Howard Donald read it.



Collision Artist Spotlight Series: Step into a working art studio from the comfort of your home. [Watch the latest videos](#) via Facebook.

This day in history. On October 2, 1959 The Twilight Zone premieres on CBS. The popular sci-fi show created by Rod Serling developed a cult following and in recent years has relaunched with narrator and scary storyteller Jordan Peele. "The place is here, the time is now and the journey into the shadows..." It is TV made perfect for Halloween! Perhaps less so for those of us with overactive imaginations.

Happy Thanksgiving + Halloween.

From everyone at The Quad and the entire QuadReal team, we wish you a happy and safe Thanksgiving and a spooktacular Halloween.



Help us shape future issues of The Quad. Send your questions, costume suggestions and general musings to thequad@quadreal.com.

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