

CELEBRATE OCCUPATIONAL THERAPY MONTH!

OCTOBER 2019

Open to MSOT and public
Open to MOT students only

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>All proceeds will be donated to the West Central Women's Resource Centre</p> 		<p>1</p> <p>OT Kick Off Bake Sale! 12pm – 1pm Outside NJM Library OT Band Playing</p>	<p>2</p> <p>Illuminate Speaker Series – Dr. Nerida Hyett Building healthy rural communities through participation 3:30pm – 4:30pm in Apotex Centre, Room 264</p> <p>Self-Care Day – Yoga at lunch! 12pm to 1pm in R230 CoRS building Bring your own mat</p>	<p>3</p>	<p>4</p>	<p>5</p>
<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p> <p>MSOT 2019 AGM Doors open at 5:15pm, dinner at 5:30pm, AGM 6pm, keynote speaker 6:30pm Westminster Church *RSVP online Speaker – Carolyn Klassen</p>	<p>11</p> <p>Samosa Sale 12pm – 1pm Outside NJM Library</p>	<p>12</p>
<p>13</p>	<p>14</p> <p>Thanksgiving Day</p>	<p>15</p>	<p>16</p> <p>Speaker Series – Sara DePottie Role emerging placement becoming an occupational therapy position in veteran mental health 12pm – 1pm in Basic Medical Sciences Theatre C FREE Snacks</p>	<p>17</p> <p>MOT Volunteer Night Siloam Mission 6pm – 8pm</p>	<p>18</p>	<p>19</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p> <p>Speaker Series – St. Amant inspiration grant winners Shannon Hargreaves & Sharon Tan: modified riding toy cars and smart home technologies 12pm – 1pm in Basic Medical Sciences Theatre C FREE Snacks</p>	<p>24</p>	<p>25</p> <p>Fort Garry Campus OT Info Booth 11:30am – 1pm in University Centre</p>	<p>26</p>
<p>27</p> <p>World OT Day!</p> <p>Wheelhouse Cycle 5:15pm – 6:15pm Register for class online through Wheelhouse Cycle*</p>	<p>28</p> <p>MOT Volunteer Night 6pm – 7:30pm Winnipeg Harvest</p>	<p>29</p>	<p>30</p> <p>OT End Off Halloween Bake Sale! 12pm – 1pm Outside NJM Library OT Band Playing</p>	<p>31</p>		

Occupational Therapy Month Checklist

October 2019

- Take a selfie with one of the four bus benches promoting Occupational Therapy in Winnipeg. Send to msot.caandadvocacy@gmail.com or tag MSOT on social media. (Hint: Look around HSC, Concordia Hospital, Grant Park Mall and St. Vital Mall)
- Share some of MSOT's posts from Facebook or Instagram. Let's see how far our messages can go! Have an idea to share? Email msot.communications@gmail.com
- Celebrate Occupational Therapy with colleagues. Have coffee, lunch or do an activity together. Share photos and stories with us!
- Share the "Understanding OT" pamphlet with at least one person... find this great resource at <http://www.msot.mb.ca/finding-ot-services/>
- Check out these awesome videos about Occupational Therapy created by our colleagues in Ontario. Share them around to help people in our communities learn what we can do! <https://otontario.ca/videos/>
- Attend the MSOT AGM, share a meal with us and learn from our guest speaker! Thursday, October 10, doors at 5:15 p.m. See you there!
- Not a MSOT member? Join anytime and support the great work MSOT is doing. Already a member? Encourage others to join!

**Thanks for doing your part to promote Occupational Therapy
this month and all year long!**

www.msot.mb.ca