

# Social Media Posts

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**Sanitized By Fog**  
April 24 at 4:35 PM · 🌐



## Are Bacteria, Viruses and Germs Lurking in Your Workspace?

As business owners consider opening their doors to employees and customers, their thoughts turn to safety.

Here are some great tips to consider, but read below to learn about the dangers that may still be lurking in your workplace.

1. Consider creating barriers or reconfiguring your office layout. Draw a rough layout of your office space before you begin moving desks.

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### Sanitized By Fog

Posted by John Ballem

1 hr · 🌐

Don't have the foggiest idea what thermal fogging is? Thermal fogging is a process where a disinfectant is sprayed within an enclosed space in a fog form. Unlike manual cleaning methods, the disinfectant can permeate hard-to-reach areas. Our fogging spray is non-toxic and safe.

Book a consultation with one of our service specialists today and discover how we can help you create and maintain a clean, healthy environment in your home or business.



### Nancy Gowan

@gowanhealth

5 ways to manage your worrying [conta.cc/2R3frc7](https://conta.cc/2R3frc7)

#### 5 Ways to Manage Worry & Uncertainty

- 1 Let it go. Remember, you can't control everything.
- 2 Stay in the present. Focus on the here and now.
- 3 Instead of asking why, ask why not!
- 4 Don't let stress derail your healthy routines. Continue to eat well, exercise and get enough sleep.
- 5 Seek support from those you trust.

GOWAN CONSULTING

#TuesdayTips



UPLevel @uplevelglobal · 2019-06-19

Ready to UPLevel your career? Our Talent Team is at the Living Arts Centre in Mississauga until 3 PM TODAY! Don't miss out!

4141 Living Arts Dr, Mississauga, ON

[@LivingArtsCtr](#) [#mississaugajobs](#) [#burlingtonjobs](#) [#oakvillejobs](#) [#nowhiring](#) [#careeropportunities](#)



UPLevel @uplevelglobal · 2019-06-03

Our Talent Team will be at the Haber Community Centre in Burlington TOMORROW, June 4th, ready to hold on the spot interviews. Don't miss out!

Tuesday, June 4th, 2019 12:00pm-2:30pm  
3040 Tim Dobbie Dr, Burlington, ON

[#burlingtonjobs](#) [#oakvillejobs](#) [#nowhiring](#) [#careeropportunities](#)



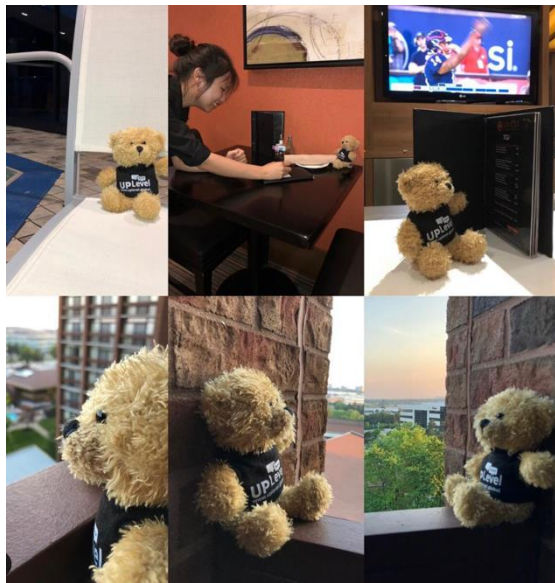


UPLevel @uplevelglobal · 2019-05-06

UPLevel is happy to be part of the #CCUA Conference in #Winnipeg alongside our fantastic clients, business partners and colleagues in the Credit Union industry. Stop by booth 424 for a chat – we'd love to connect! @CCUA\_ACCF



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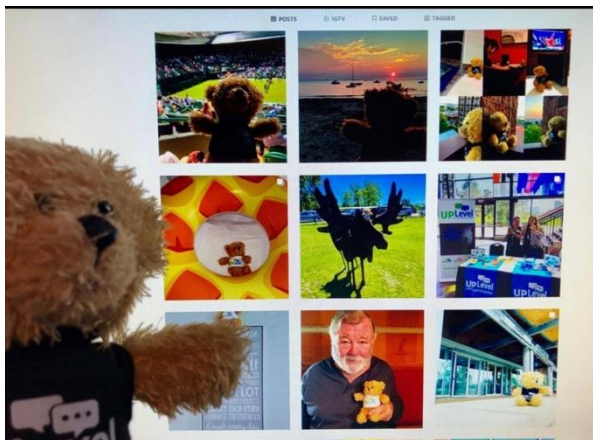
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Hilton Mississauga/Meadowvale

uplevelglobal Another week, another road trip! #uproarthebear enjoying some well deserved down time in #mississauga

42w

Liked by hiltonmeadowvale and 5 others  
JULY 4, 2019

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uplevelglobal #uproarthebear is an @instagram star! It's hard to be humble.

41w

Liked by ceruleanblue1121 and 5 others  
JULY 11, 2019

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