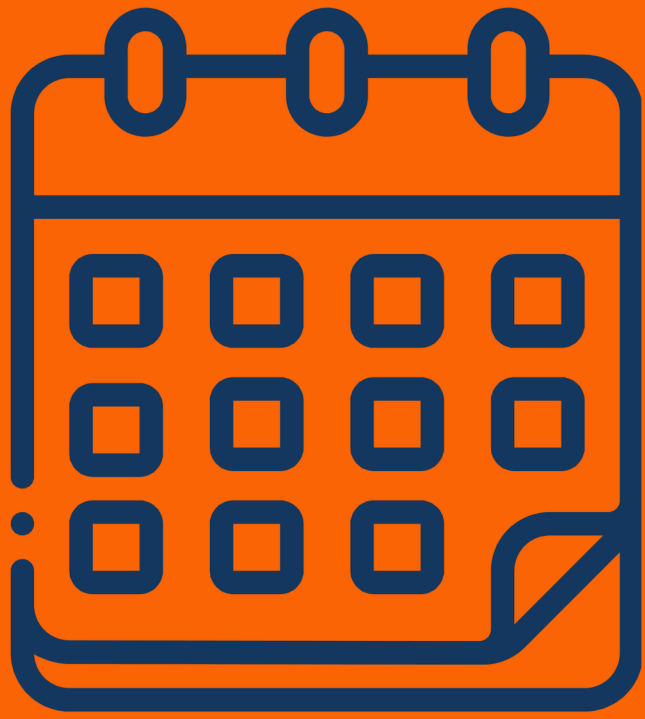


WELLNESS AT WORK UPDATE

July 2026



WHAT'S HAPPENING

[Refresh and Recharge on the Lawn](#)



Refresh with a cool treat and recharge by connecting with colleagues while playing lawn games! [Please register in advance](#), so we can ensure we have enough cool treats for everyone, and then drop-in during the 12:30pm to 2:30pm window as it works best with your schedule.

Dates:

Tuesday, July 21 at Charles Hall West Lawn

Wednesday, July 22 at Polonsky Commons Southwest Corner of Lawn



MONTHLY WELLNESS TIP

[Karma Paddle](#)



The Scugog Dragon Boat Club is proud to present Karma Nights!

On July 24th, we'll head out for a 60-minute leisure paddle. Come as you are (no experience needed), we'll provide all the equipment, and pay what you can in support of Ontario Tech's Chancellor's Challenge!

[Reserve your spot today!](#)



RESOURCE HIGHLIGHT

[Summer Safety Tips](#)



Staying safe in summer is essential for health and productivity. Hydration, sun protection, and recognizing heat exhaustion prevent serious health issues, ensuring a comfortable and effective work environment.

Review the [Summer Safety Tips](#) today!



HAVE AN IDEA?



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