WELLNESS AT WORK UPDATE

November 2026

WHAT'S HAPPENING

Brushes & Banter Sessions

Join us for Brushes & Banter, a relaxed seasonal themed paint session designed to spark creativity and connection with colleagues. We'll follow an on-demand step-by-step Paint Nite instructional video, making it easy for all skill levels to participate. Spaces are limited and will be filled on a first-come, first-served basis.

MONTHLY WELLNESS TIP

Understanding and Coping with Seasonal Affective Disorder

As the seasons change, it's important to check in on your mental well-being. This helpful guide explains the signs of seasonal depression and offers practical strategies to help you stay energized, connected, and resilient throughout the year.

RESOURCE HIGHLIGHT

FutureReady! Artificial Intelligence Training

Designed for employees across all roles and experience levels, these self-paced courses provide practical, higher-education-focused examples and require no prior AI knowledge. Employees can complete individual modules as they follow the full learning pathway and as new content becomes available.

HAVE AN IDEA?

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