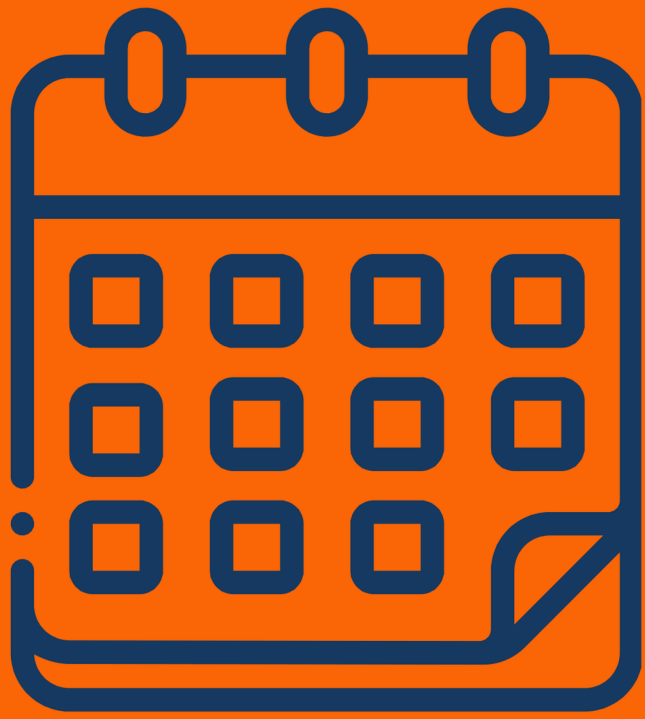


WELLNESS AT WORK UPDATE

August 2026



WHAT'S HAPPENING



[Let's go to The Ex!](#)

Save up to 41% with Ontario Tech's special rates to the Canadian National Exhibition (The Ex).

The Ex runs from August 21 to September 7.

Email wellnessatwork@ontariotechu.ca to receive our unique discount code and save off gate prices and retail partner prices too!



MONTHLY WELLNESS TIP



[Photo Contest](#)

Reminder: Our annual *Just for the Health of It Photo Contest* is open until September 11.

Snap photos of your favorite people, places, pets and pastimes!

Submit your photos along with a caption to wellnessatwork@ontariotechu.ca for your chance to win great prizes!



RESOURCE HIGHLIGHT



[Join Outdoor Pilates and Yoga!](#)

Ignite your fitness journey and experience the power of group fitness with these FREE on campus classes!

View the Summer [schedule](#) for full details.



HAVE AN IDEA?



905-809-0727



wellnessatwork@ontariotechu.ca