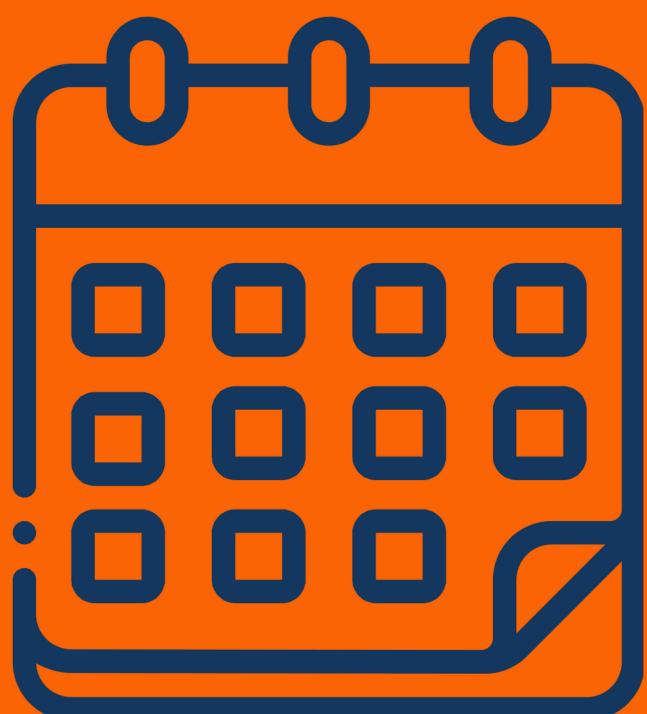


WELLNESS AT WORK UPDATE

February 2026



WHAT'S HAPPENING

Women's Wellness:

A Nutrition Guide to Optimal Health

Explore evolving nutritional needs throughout various life stages.

Wed., Feb. 11, 2026

Noon - 1 p.m.,

Virtual



What is all the Buzz about Cholesterol?

Learn about how to maintain a healthy level of cholesterol.

Mon., Feb. 23, 2026

11:30 a.m. - 12:30 p.m.,

Virtual



MONTHLY WELLNESS TIP

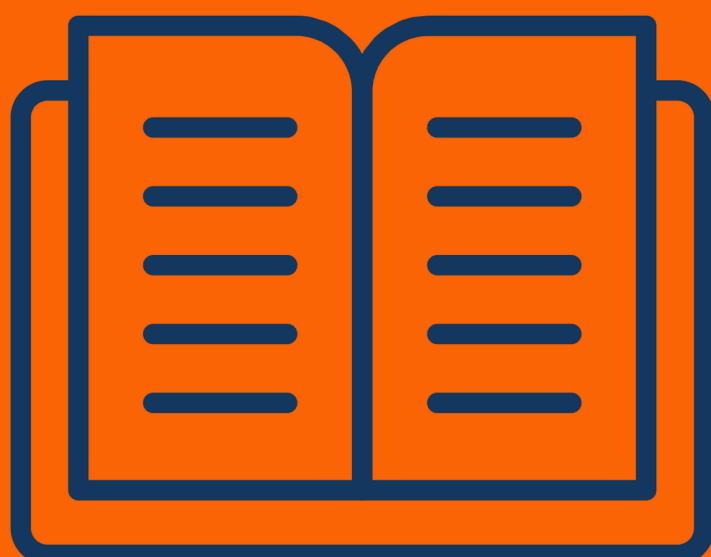
Staff/Faculty Pickleball Days



Come out to the Campus Recreation and Wellness Centre and participate in our Durham College/Ontario Tech Staff and Faculty Pickleball Days.

These are drop-in events, so no sign-up or membership is required and equipment is provided.

Download the DCOT Campus Rec App for up-to-date gym schedules.



RESOURCE HIGHLIGHT



Celebrating Heart Month - Learn CPR in < 90 seconds!

In Canada, February is recognized as Heart Month, a national campaign to raise awareness about cardiovascular health, promote heart-healthy lifestyles, and provide education.

Did you know that Ontario Tech has automated external defibrillators (AEDs) across campus? Familiarize yourself with your nearest Emergency Health Safety Station - you could save a life!



HAVE AN IDEA?



905-809-0727



wellnessatwork@ontariotechu.ca