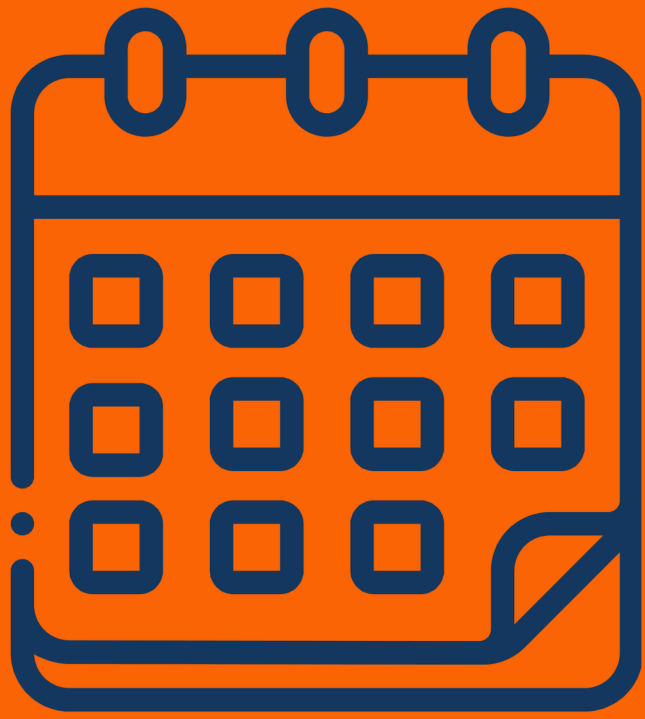


WELLNESS AT WORK UPDATE

April 2026



WHAT'S HAPPENING

[Take your Pet to Work \(Virtually\)](#)



Join the Healthy Workplace Committee in celebration of National Pet Day on Thursday, April 9 (Noon to 12:45 p.m.). Foster conversation and connection.

Participants will have a chance to win a prize. [Register today!](#)

[LEGO Workshop Returns with a Retro Rewind Edition](#)

Connect with colleagues while activating those creative juices!

All participants will receive a 3-in-1 LEGO Set to keep. [Register today!](#)



North Campus: Thurs., May 7 from Noon to 1 p.m. in-person, SCI-1350

Downtown Campus: Thurs., May 21 from Noon to 1 p.m. in-person, CHA-217



MONTHLY WELLNESS TIP

[Outsmart Physical Activity Time Thieves](#)



Do you often feel like there just aren't enough minutes in a day for physical activity? [You're not alone!](#)

Canadians say lack of time was among their top barriers to getting active. The good news is that you can catch time thieves in the act, outsmart them and protect your precious time for physical activity.

Visit [Participaction's website](#) to learn how.



RESOURCE HIGHLIGHT

[Every Day in May Health Challenge: May 1 to 31](#)



Reap the benefits of healthy habits, while having fun, connecting with colleagues, and some friendly competition for the month of May!

Form your team of 4 to 7 people and [register by May 1st!](#)

[Ridgeback Run Club Resumes](#)



Whether you're preparing for a specific event or looking to get moving, join the Ridgeback Run Club (RRC)! The RRC is free and open to all levels.



HAVE AN IDEA?



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