



## WHAT'S NEXT?

# Health, Safety and Wellness Week

Monday, October 3 to Friday, October 7, 2022

The Healthy Workplace Committee and the Health and Safety department invite you to participate in a week long event! Online and in-person activities that promote and support the health, safety and wellness of those who study and work at our University will be offered.

### LOCATION

Virtual, Google Meet  
 Virtual, Zoom  
 UB Main Floor Atrium  
 Shawenjigewining Hall, 018

### TIME

12 to 1 p.m.  
 10 a.m. to 12:30 p.m.  
 11 a.m. to 1 p.m.  
 1 to 4 p.m.

### FEATURED EVENTS AND WORKSHOPS

Healthy Heart Workshop:	October 3
Boost Productivity:	October 4
Health, Safety and Wellness Fair:	October 6
Building and Maintaining Relationships of Trust:	October 6

Event and registration details, visit [healthandsafety.ontariotechu.ca/programs/safety-week.php](https://healthandsafety.ontariotechu.ca/programs/safety-week.php)