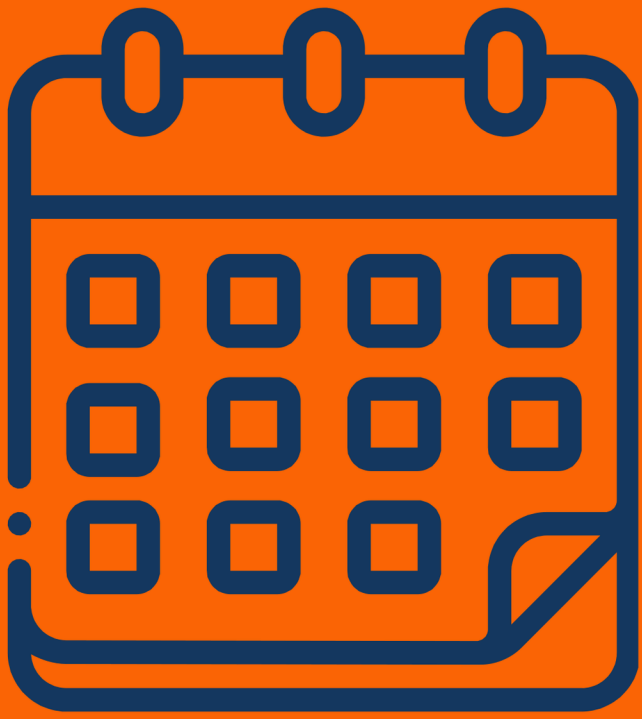


WELLNESS AT WORK UPDATE

October 2026



WHAT'S HAPPENING



[Health, Safety & Wellness Fair](#)

Join us on Thursday, October 29 (11:30 a.m. to 1:30 p.m.) for the annual Health, Safety and Wellness Fair!

Enjoy a FREE snack while you visit various booths that will include experts from Sun Life, TELUS Health, and more, vote for this year's Pumpkin Carving Contest winner, and enter your name into a draw for a chance to win one of several prizes.

Location: Science Building, Founding Deans Atrium



MONTHLY WELLNESS TIP



[Safeguarding your Data in the Age of AI](#)

In celebration of Cybersecurity Awareness Month, join us Tuesday, October 20 from 1 p.m. to 1:45 p.m. for this virtual session, which will provide practical guidance on using generative AI safely and securely at work and in your personal life.

Participants will learn how to protect sensitive information, minimize shared information, and ways to recognize and respond to evolving threats.



RESOURCE HIGHLIGHT



[Report a Workplace Accident, Injury, Hazard or Near Miss](#)

Did you know that all workplace accidents, injuries, hazards, and near misses, regardless of severity, must be reported?

This ensures support can be provided and future occurrences can be prevented.

Not sure how to report? Visit the new [reporting web page](#) to access forms and how to respond instructions.



HAVE AN IDEA?



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