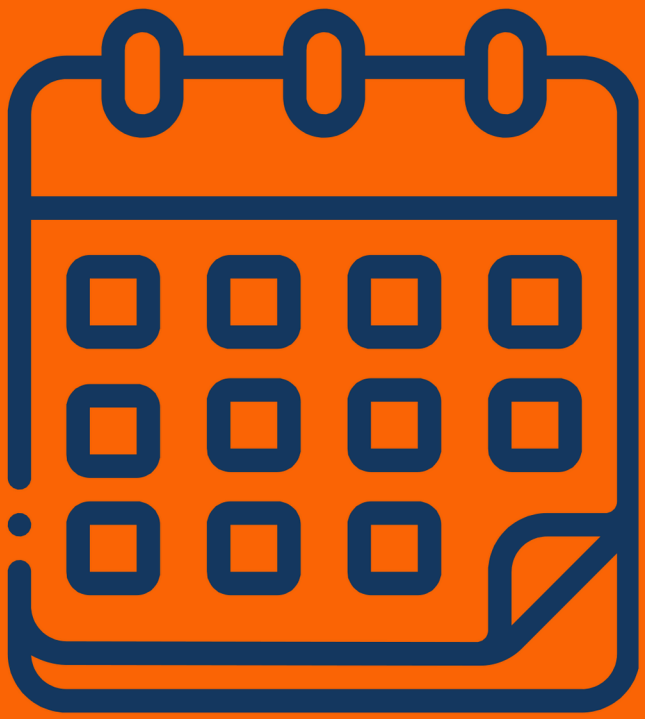


WELLNESS AT WORK UPDATE

April 2025



WHAT'S HAPPENING

[National Pet Day](#)
[Friday, April 11](#)



Join in this fun, virtual event to share a story, and learn more about pets loved and adored by your colleagues!

Participants will be entered into a draw for a pet prize.

[The Working Mind](#)
[Employee Cohort](#)
[Wed., April 23](#)



Gain knowledge to identify shifts in mental health and well-being in yourself and others while learning coping skills to manage stress.



MONTHLY WELLNESS TIP

[Every Day in May Health Challenge Returns!](#)

This challenge combines various healthy habits, such as physical activity, nutrition, water consumption, and self-care practices, into a fun, friendly competition between colleagues. Sign-up today for your chance to win prizes, while reaping the benefits of healthy habits and connecting with your team!



RESOURCE HIGHLIGHT

[Lumino Health](#)

Lumino Health offers content on several health topics and connects you with health-care providers through their **Provider Search tool**.

It's free and available to everyone in Canada.



HAVE AN IDEA?



905-809-0727



wellnessatwork@ontariotechu.ca