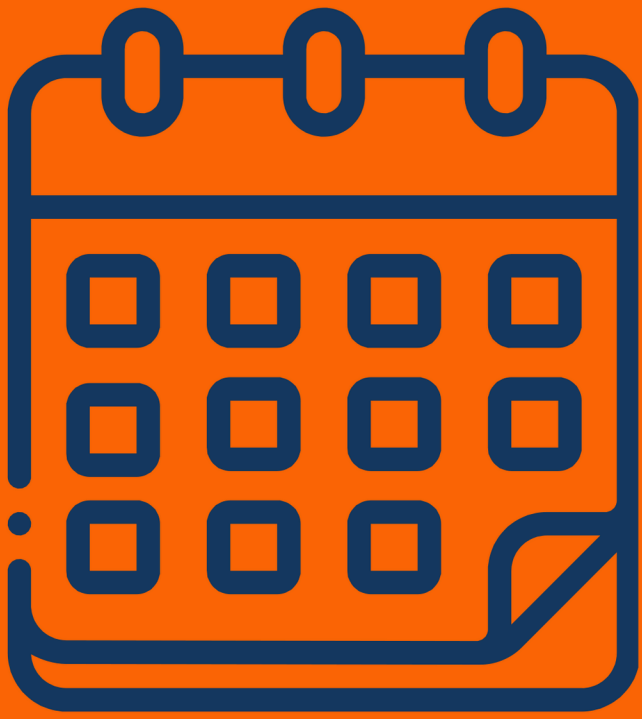


WELLNESS AT WORK UPDATE

January 2026



WHAT'S HAPPENING

[Let's Talk Day-January 21](#)

Vist our booths at CHA-atrium (9-10:30am) and SHA-atrium (11:30am-1:30pm) to receive resources and FREE giveaways.

Prize Draw: Visit a booth or send a photo to wellnessatwork@ontariotechu.ca to share how you take a moment to support your mental health and be entered into our draw for an Amazon gift card!



MONTHLY WELLNESS TIP

[Active Living Challenge: Jan. 5-30](#)

This campus-wide event aims to promote health and wellness into the new year. Every 30 minutes of physical activity earns you a ballot towards weekly prizes and the grand prizes!

Bonus Resource: Discover how to make room to get active in your day-to-day life by outsmarting time thieves, breaking barriers, and tips from ParticipACTION.



RESOURCE HIGHLIGHT

[Winter Safety Tips: Be Prepared. Be Safe.](#)

Employees play a key role in preventing slips and falls by being aware of their surroundings and making good decisions.

Get ready for wintery weather conditions with helpful tips:

- Walk like a penguin - use short, slow steps.
- Use authorized paths. If it's not clear of snow, don't use it.
- Use handrails on stairways keeping three-point contact.



HAVE AN IDEA?



905-809-0727



wellnessatwork@ontariotechu.ca