

WELLNESS AT WORK UPDATE

June 2026

WHAT'S HAPPENING

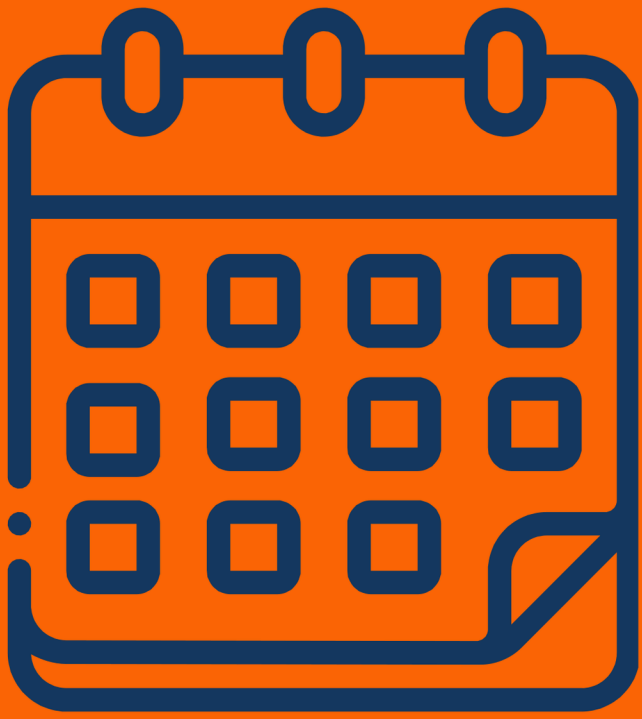


[Photo Contest](#)

Our annual Just for the Health of It Photo Contest returns from June 22 to September 11.

Get ready to snap photos of your favorite people, places, pets and pastimes!

Submit your photos along with a caption to wellnessatwork@ontariotechu.ca for your chance to win great prizes!



MONTHLY WELLNESS TIP

[The Working Mind Training](#)

This evidence-based course, with newly released updated content, is designed to initiate a shift in the way you think, feel and act with respect to mental health by increasing your awareness, reducing stigma and other barriers to care in the workplace, encouraging mental health conversations, and strengthening your resilience.

Employee Cohort

Tues., June 9

8:30am-12:30pm

Virtual

[Register today!](#)



Manager/Director Cohort

Mon., June 22

9am-4pm

Virtual

[Register today!](#)



RESOURCE HIGHLIGHT



[FREE Group Fitness Classes](#)

The Spring/Summer group fitness class [schedule](#) is now available!

Ignite your fitness journey and experience the power of group fitness with these FREE on campus classes!



HAVE AN IDEA?



905-809-0727



wellnessatwork@ontariotechu.ca