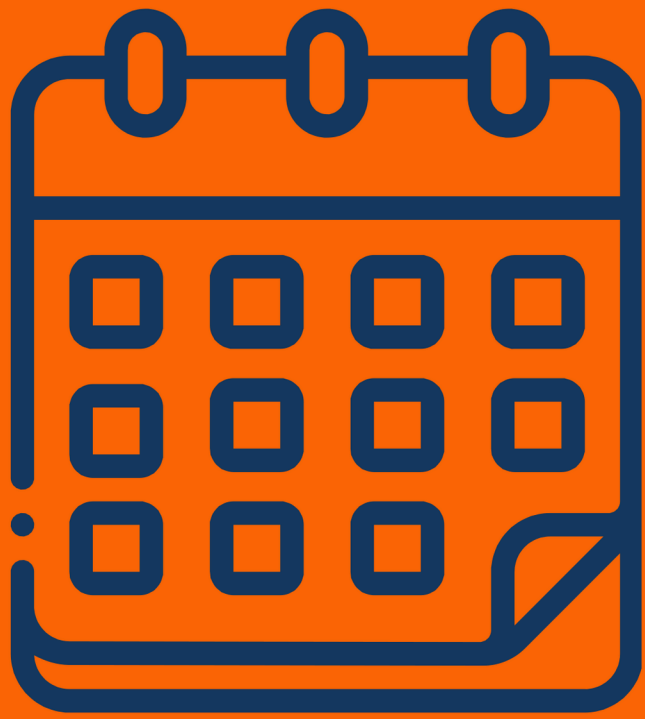


WELLNESS AT WORK UPDATE

March 2025



WHAT'S HAPPENING

[Mindful Mondays: Noon to 1 p.m.](#)

Dates & Topics:

March 24: Mindful walking

March 31: Mindful eating

Bonus: The instructors will be available 15 minutes prior to and 15 minutes after each session to connect with participants individually.



MONTHLY WELLNESS TIP

[Cooking Demo and Taste Testing](#)

Take a break on March 10th from 1-2 pm to make and enjoy a yogurt parfait including fresh fruit, and homemade granola!

Dr. Sylvie Bardin will discuss the nutritional benefits of yogurt parfait ingredients.

Also, enjoy a specialty coffee with Alan Shabstone, Mountainview Coffee, and learn about the Basics of Coffee!



RESOURCE HIGHLIGHT

[2025 Recipe Calendar](#)

Are you wondering what to make for dinner? Want to try a new recipe? View the 2025 Recipe Calendar, which is filled with delicious dishes contributed by Ontario Tech colleagues through the 2024 Recipe Challenge!



HAVE AN IDEA?



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