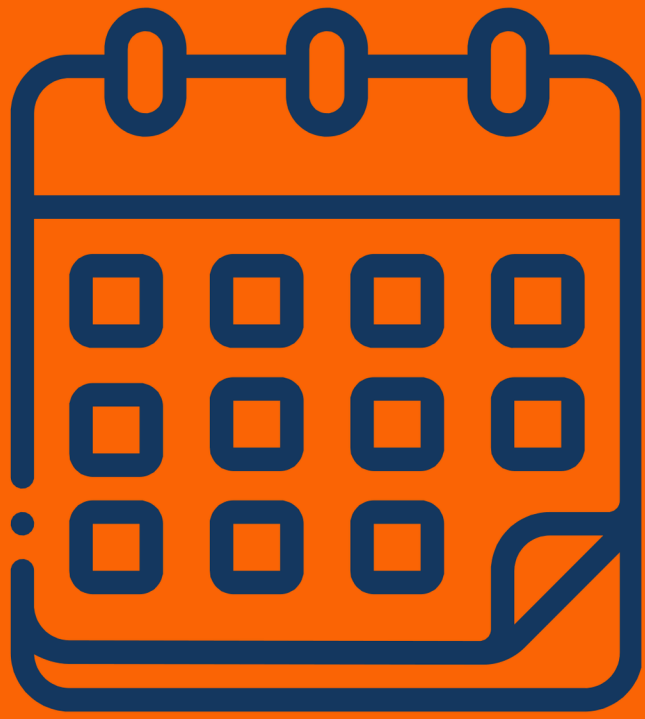


WELLNESS AT WORK UPDATE

May 2026



WHAT'S HAPPENING



[Mental Health Week](#)

Mental Health Week has become a Canadian tradition, with communities, schools and workplaces shining a spotlight on the importance of mental health.

Visit the Mental Health Week web page to view a message from President, Dr. Steven Murphy, enter our [Come Together Contest](#), register for training, and access resources.



MONTHLY WELLNESS TIP



[Health & Safety Week](#)

Celebrate Health & Safety Week, and support a safe campus by completing the [Health & Safety Scavenger Hunt](#) by Friday, May 15. Participants will receive a First Aid Kit (while supplies last).

Remember: Safety is everyone's responsibility.



RESOURCE HIGHLIGHT



[National AccessAbility Awareness Week](#)

Ontario Tech is proud to observe this week, which serves as a national platform to promote accessibility and recognize efforts that contribute to a more inclusive Canada.

Participate in events, such as [Book Club](#), complete training, and access resources.



HAVE AN IDEA?



905-809-0727



wellnessatwork@ontariotechu.ca