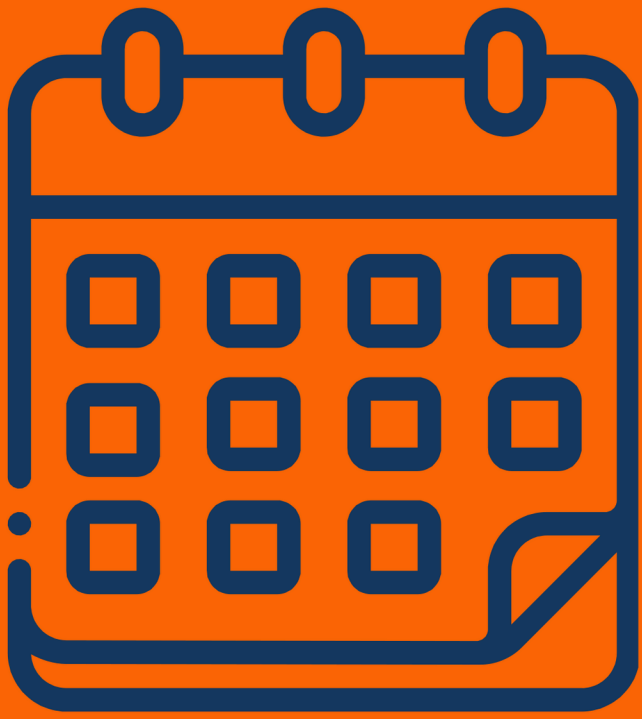


WELLNESS AT WORK UPDATE

October 2025



WHAT'S HAPPENING

[Health Safety and Wellness Fair](#)



Join us on Thurs., October 30 (11 a.m. to 1 p.m.) for the annual Health Safety and Wellness Fair! Stop by the various booths that will include experts from Sun Life, TELUS Health, and more, vote for this year's Pumpkin Carving Contest winner, and enter your name into a draw for a chance to win one of several prizes.

Location: Science Building, Founding Deans Atrium



MONTHLY WELLNESS TIP

[Share your Feedback on the MHAP!](#)



Last October, the Mental Health Action Plan (MHAP) launched to support employee mental health and well-being. As we celebrate the 1-year anniversary, we invite you to share your feedback on what is working well and suggestions for improvement. Visit the MHAP web page for details on how to share your feedback, including Focus Groups occurring throughout October.



RESOURCE HIGHLIGHT

[Ontario Tech Puzzles: Coming Soon!](#)



We've heard that puzzles bring teams together, to socially connect and work toward a common, fun goal, so we are launching Ontario Tech Puzzles! Vote for your favourite images, and the images with the most votes will be turned into puzzles! Puzzles will be available to borrow later this year!



HAVE AN IDEA?



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