

# WELLNESS AT WORK UPDATE

October 2024



## WHAT'S HAPPENING

### [Health Safety and Wellness Fair](#)

Thursday, October 31 from 11:00 a.m. to 1:00 p.m. in UA West Atrium. Visit the various booths including Sun Life, TELUS Health, Therapeutic Pets of Canada and more. Enter your name into a draw for a chance to win one of several prizes, including a FitBit Charge 6.



## MONTHLY WELLNESS TIP

### [Move Over October: Physical Activity Challenge](#)

Together, our goal will be to travel across Canada with prizes for individuals and teams. Participate as an individual or team, be active, have fun and win prizes!

Register by September 27.



## RESOURCE HIGHLIGHT

### [Emergency Health Safety Stations](#)

Located near elevator banks, each floor will have different equipment such as a first aid kit, automated external defibrillator (AED), a bleed control kit, and posters with QR codes to access university and external support resources. Please familiarize yourself with the location of your closest Emergency Health Safety station.



HAVE AN IDEA?



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