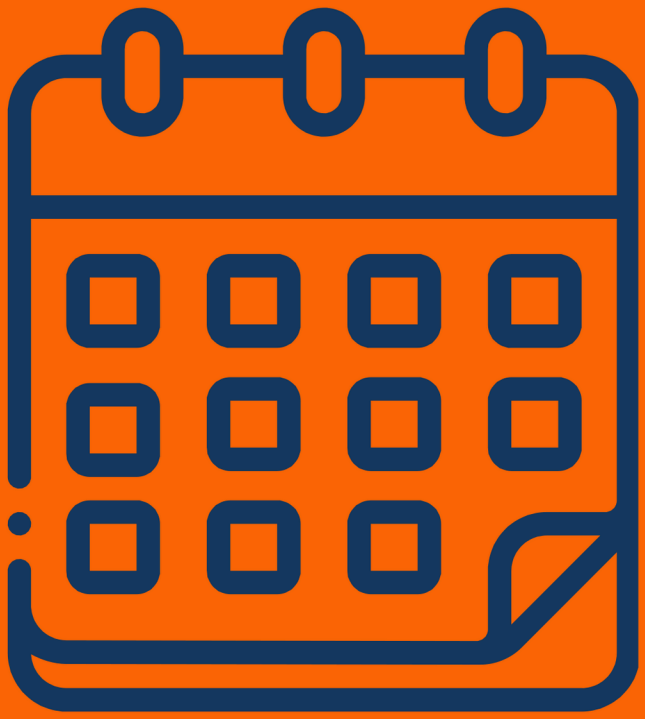


WELLNESS AT WORK UPDATE

September 2025



WHAT'S HAPPENING

[Climate Town Hall \(Sept. 5\) & Campus Market \(Sept. 9 & 16\)](#)



The goal of the **Climate Town Hall** is to encourage community discussion about concerns, ideas, sentiments, and thoughts related to the climate crisis. A clean up of Downtown Oshawa will follow the Town Hall. You can also shop local, sustainable, and delicious at the **Campus Market** to browse affordable produce grown at the Campus Farm. The **Free Store Pop-up** will also be open.



MONTHLY WELLNESS TIP

[Healthy Habits with Hunter-Plush Dog Give-away](#)

1. Add Healthy Habits with Hunter, an engaging chrome extension that provides over 70 health tips, to your laptop/computer/device.
2. Share your feedback by Tues., Sept. 30
3. Receive a FREE screen cleaning plush dog (while supplies last)



RESOURCE HIGHLIGHT

[September Start Up: Wellness Toolkit](#)

As we begin the start of a new semester, the Healthy Workplace Committee wants to support you with the **September Start Up: Wellness Toolkit**. Access resources, register for the 'Move over October: Cross Canada Trek', or sign up for upcoming workshops/training.



HAVE AN IDEA?



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