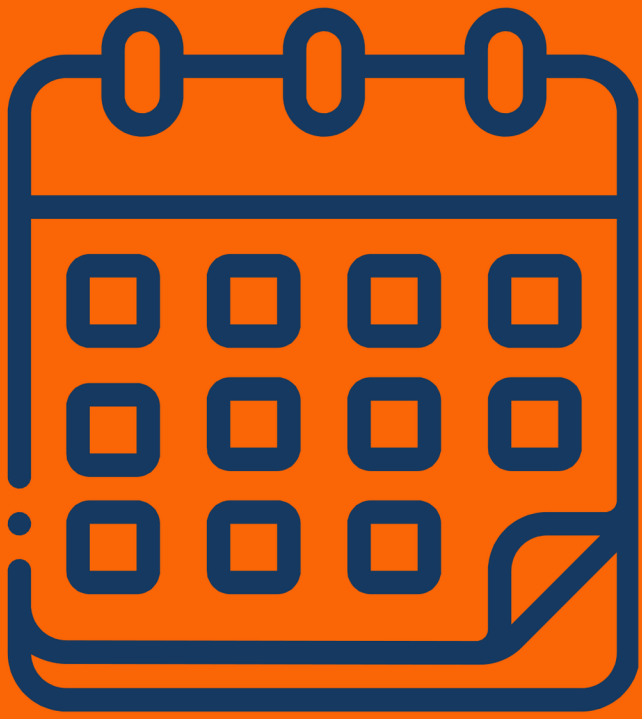


WELLNESS AT WORK UPDATE

September 2026



WHAT'S HAPPENING

[September Start-Up: Wellness Toolkit](#)



September can be a busy time of year, as we return from relaxing Summer days to the start of a new semester.

Changes in our day can feel stressful as we settle into our new routines. Set yourself up for success with the

[September Start-Up: Wellness Toolkit](#)

featuring resources and supports.



MONTHLY WELLNESS TIP

[Physical Activity: A Need-to-Have](#)



No longer a 'nice-to-have', physical activity is a need-to-have to support both your body and brain health.

Watch ParticipACTION's ['The Benefits of Physical Activity' video](#) to learn more.

Ready to get moving?

Join the [Move Over October: Cross Canada Trek](#) today!



RESOURCE HIGHLIGHT

[Avoiding Slips, Trips, and Falls](#)



Did you know that most falls are caused by wet surfaces, cluttered walkways, uneven flooring, poor lighting, and improper footwear?

Stay safe by following these [prevention tips](#)!



HAVE AN IDEA?



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