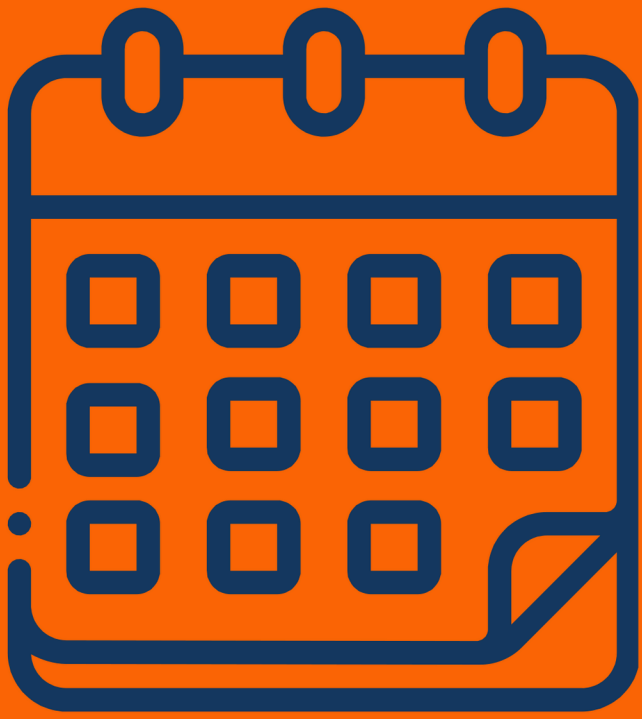


# WELLNESS AT WORK UPDATE

June 2025



## WHAT'S HAPPENING

### [Chancellor's Challenge Prep: Step-by-Step Series](#)

Advancement and Wellness at Work have partnered to help you prep for the Chancellor's Challenge! Attend weekly virtual information sessions to learn about shoes, cross training, stretching, and more!

Tuesdays, June 3-24 from Noon to 12:30 p.m.\*

(\*Registration remains open throughout June)



## MONTHLY WELLNESS TIP

Backed by 30 years of social science, **Crucial Conversation** skills represent the standard in effective communication. Improve your skills and get better outcomes by attending a training course.

### [Employee Cohort](#)

June 16-20  
(2.5 hours x 5 days)  
1 p.m. to 3:30 p.m.



### [Manager/Director Cohort](#)

June 23-27,  
(2.5 hours x 5 days)  
9:30 a.m. to Noon



## RESOURCE HIGHLIGHT

### [TELUS Health One Platform](#)

Connect to confidential support 24/7/365, including the option for Live Chat; access resources, such as articles, podcasts, toolkits, videos, CareNow programs, perks/discounts, and LIFT Fitness sessions all for FREE!



### [Don't have access?](#)

Email  
wellnessatwork@ontariotechu.ca  
to receive your invite.



HAVE AN IDEA?



905-809-0727



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