

Winter Wellness 2026

February 16-27, 2026



There's no better time to support your wellness journey!

— A VARIETY OF FREE ACTIVITIES —

Yoga

Zumba or Pilates

Zen Meditation Breaks

Campus Wellness Walks

Wellness Breaks

Track Walks and Skating

Circuit Training

(Thompson Arena)

— VIRTUAL WEBINARS —

Cultivating Well-being in Contexts of Crisis and Media Overload — Telus Health
Relaxation Techniques — Telus Health
Building a resilient retirement paycheque — Sun Life

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