

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 (Thompson Arena)
Circuit Training	

— 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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