

Winter Wellness 2025

February 10-21, 2025



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

— A VARIETY OF FREE ACTIVITIES —

Rise and Shine Yoga
Yoga with Tracy or Mel
Circuit Training
Zen Meditation Breaks
Wellness Breaks

Sexual Wellness Fair
Zumba or Pilates
Campus Wellness Walks
Track Walks and Skating
(Thompson Arena)

— VIRTUAL WEBINARS —

Newcomers to Canada: Financial essentials - Sun Life
Lighten Up Your Day - Telus Health
How to Start Saving Today - Sun Life
Navigating life in the modern family - Telus Health