

Living Well @ Western

Are you a participant of Living Well @ Western? To participate in the Living Well @ Western activities, all participants must complete a release form and send it to livingwell@uwo.ca.

Please visit [Living Well @Western](#) for more information



Living Well @ Western is offering the following activities:

- June Wellness Bingo
- Healthy Minds
 - Join us on Tuesday, June 15th from 2:00-3:30PM (Course #HMW1; Session Number 0002) or Wednesday, July 14th from 10:30AM-12:00PM (Course #HMW1; Session Number 0003) to learn more about fostering psychological safety at Western.
 - To register, login to My Human Resources, then choose Training, then Internal Training. Search by Course Number: HMW1 and enter session number. Those that complete all four quarterly workshops will receive a certificate of completion and be recognized for their accomplishments. Participants will also receive points for our Internal Wellness Rewards program.
- Pet Show and Tell
 - Animal lovers rejoice! Lift your spirits by meeting your colleagues' pets or showing off your own! Join us on Friday, June 25th from 12-1PM for our first-ever Pet Show & Tell (Zoom Event ID: 923-5791-1243; passcode: western). You don't need to own a pet to participate - come for the show! Participants will receive 25 wellness reward points for attending.
- Live Fitness and Fun Classes
- 10 Minute Wellness Break Videos
- Mental Health Awareness Videos
- Plenty of additional resources to support your well-being