

Employee Fitness Challenge – Strive to Thrive – High Five Friday message:

DRY-ISH FEBRUARY CHALLENGE

February has come to an end. Did some of you successfully get through it “dry-ish”? I’ve heard from many that don’t drink at all so this challenge obviously wasn’t a challenge to them, but for those of us who do indulge, we all had our own goals on how we wanted to perform this challenge. Some of you may have wanted to limit your alcohol to just weekends, and some of you may have wanted to give your bodies a full break altogether. Whatever intention you set for yourself at the beginning of the month, I hope you were able to achieve it. I failed completely! But I do have a good excuse, my son got married last week and of course champagne was flowing!

But for those of you that did successfully complete this challenge, send me your story – what you did, how you felt, and anything else you want to share. Everyone who submits their Dry-February journey with us will receive a little reward!

Also, thank you to all of you that popped down to HR on Wednesday for a delicious “Mocktail”. The recipes are listed below for you to try for yourself. Unfortunately (or fortunately) we did run out before everyone could try one – we’ll have to do it again soon.



HR LEARNING SERIES HEALTH & WELLNESS WORKSHOPS

We have some great offerings coming up in March so register today! The March health theme is women’s health so here’s a great session for many of you!

Menopause 101: Providing Education & Reducing the Stigma Around Menopause Learn about the differences between perimenopause, menopause & post-menopause.

- Determine what the signs & symptoms of menopause can include and how to identify if you are transitioning into menopause.
- Understand the impact of menopause in the workplace.
- Review treatment options available including; lifestyle, natural and prescribed medications

- Discuss strategies on how to approach your provider with questions.
- Q&A period

Stephanie and Megan - “ *The Menopause NPs* ” - are Nurse Practitioners working in primary care who provide care daily to women at midlife. Over their 10+ years of nursing experience, they have developed a passion for women’s health. Menopause is an area they became particularly interested in after seeing a large gap in the information they were taught on the topic and the desire for information from patients. They both took it upon themselves to become trained through The Menopause Society and are looking forward to sharing some of their knowledge with you. This presentation is intended to help reduce the workplace stigma surrounding menopause, validate the experiences of women going through this natural journey and open up more conversation through education. To learn more about Stephanie and Megan, visit their website at themenopausenps.ca

Date: March 5th, 2026

Time: 12:00 PM – 1:00 PM

Location: Online, Zoom

Facilitator: Stephanie and Megan – The Menopause NPs

Register: <https://www.eventbrite.com/e/menopause-101-providing-education-reducing-the-stigma-around-menopause-tickets-1965639778491?aff=oddttdtcreator>

STRONGER EVERY DAY



Just a reminder to check out our new blog series, [Stronger Every Day](#) and an invitation for you to participate and contribute. This new series focuses on connection. We are planning a lunchtime activity in late March to create a Vision Board so stay tuned for the details on that in our High Five Friday message next week. It will be a great way to come together, laugh, create and share our vision for the coming year. Lots of supplies and ideas will be provided! And maybe even a little snack!

UFV PLASMA PLAYOFFS – THANKS FOR ALL YOUR SUPPORT!

This year’s plasma playoffs have come to an end (but feel free to continue to donate whenever you are able as donations are accepted year-round). Thank you to everyone in the FSA, UFV students, UFV admin and HR who participated and contributed to the campaign. Your donation really made a difference in many lives.

RECIPE ALERT

As promised, I’m sharing with you the delicious Mocktails we prepared this week – my personal favorite was the Pink Panther as I’m a big coconut fan, but the Arnold Palmer was delicious too – very refreshing! And I think the real brewed tea (not iced tea out of a can) was the game changer! Enjoy.

ARNOLD PALMER

Sweet and refreshing

- 4 teabags (English Breakfast black tea)
- 3 cups of water
- 3 cups of lemonade
- 1 tbsp. of honey
- Ice cubes
- Lemon slices



PREPARATION

1. Boil 3 cups of water.
2. Brew 4 teabags in the boiled water.
3. Leave to stand for 4-5 minutes.
4. Once infusion is complete, remove the teabags, pour the infusion into a pitcher, stir in the honey with a spoon and refrigerate for 2 hours.
5. Remove from the fridge and add the lemonade to the pitcher.
6. Serve your drink in a glass filled with ice and add lemon slices.

PINK PANTHER

Creamy, sweet and blended

- 3 cups crushed ice
- 3/4 cup pineapple juice
- 3/4 cup coconut milk
- 1/2 cup cream of coconut
- 1/4 cup strawberry sauce or syrup (we used strawberry jam!)



PREPARATION

- Combine all ingredients together in a blender until smooth and slushy.