

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

Happy Friday to you all. I've got just a couple of notices for you today. I hope you've had a nice week and have some fun, healthy plans for your weekend – even if it's just self-care – lots of rest and relaxation. That is just as important for your mind, body and soul as being physical. Take care everyone.

HR LEARNING SERIES HEALTH & WELLNESS WORKSHOPS

We have some great offerings coming up in March so register today!

<https://events.ufv.ca/events/categories/human-resources/>

Our March health theme is “Women’s Health” so for all of you women, pay particular attention to your health & wellness this month. Get all those yucky tests that we procrastinate getting, but are so important – remember, being proactive is the key!

STRONGER EVERY DAY – VISION BOARD ACTIVITY



Our next activity in our [Stronger Every Day](#) series is a fun lunchtime activity creating our own vision boards! We will be holding the activity on March 31, 2026 (location TBD) at 12:00 noon. This 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! Please RSVP to nancy.scarrow@ufv.ca if you'd like to participate so I can ensure we have enough supplies and space.

