

# High Five Friday



## Here's what has happened and what's to come!

### A Special Send-Off

This marks our final High Five Friday with Nancy, and we want to take a moment to say one last heartfelt thank you for everything she has done.

Your contributions have made a lasting impact, and you will be greatly missed



### June Wellness Campaign: EDI Awareness

June's wellness focus is Equity, Diversity, and Inclusion (EDI) Awareness. Keep an eye out for upcoming information and activities throughout the month.

We're also excited to partner with Athletics and Campus Recreation for a special gathering on June 24 at lunchtime to celebrate diversity through sport.

Join us to watch Canada take on Switzerland in the World Cup—a great opportunity to connect and celebrate as a community.

Stay tuned for more details!

### Updates and Happenings :

Local Running Group spotlight

June | EDI Awareness

Steps at Convocation

GoByBike Week

MS Bike - volunteering

Recipe | Sardine and Eggs

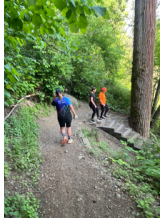


## Local Running Group Spotlight

Fellow Strive member Fiona wanted to give a shout-out to her running group, Momentum Running, where she has been a committed member for nearly 12 years in Chilliwack.

She shares that running has been extremely beneficial both physically and mentally, and it's also a great way to get outdoors and enjoy nature.

The group meets on Thursday evenings, and new participants are welcome to come out and try a few sessions at no cost to see if it's a good fit. It's also very reasonably priced to join. Email her at [fiona.ives@ufv.ca](mailto:fiona.ives@ufv.ca) for more info! Keep up the great work, Fiona!



## June | EDI Awareness

### **Together We Make a Difference**

Inclusion is built through everyday moments. By taking small, intentional steps, we create a workplace where everyone feels welcome, respected, and empowered to succeed. Try inviting someone new for a walk at lunch!



## Steps at Convocation

Want an excuse to get some extra steps in. Give back and reach your step goal. Join Team Convo and help to honour the students in this upcoming Convocation. [More information here](#)



## Spring GoByBike Week

Sharing UFV's collaboration for this spring's GoByBike week in Chilliwack, starting on May 30.

UFV Trishaw teams are offering rides (June 4<sup>th</sup> group ride) to folks who may not be able to bike themselves

Check out the [schedule and more information here](#)



## Seeking Volunteers

MS Bike is a vibrant, community-driven cycling event that raises critical funds for MS research and support programs while bringing together riders, volunteers, and supporters from across the Fraser Valley, taking place July 11-12.

Experienced cyclists are needed as volunteers - [more information here](#).

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## Weekly Recipe

### The "Fancy Nancy" (Antioxidant Sparkler)

One last Hurrah for Nancy!

A lighter, ultra-healthy take on the [Absolut Drinks Fancy Nancy](#), this version trades alcohol for a robust antioxidant punch.

#### Ingredients

- 3 oz fresh orange juice
- 1 oz tart cherry juice (adds a beautiful ruby color)
- 1/2 oz fresh lemon juice, and a splash of sparkling water.

#### Directions

1. Shake the orange, tart cherry, and lemon juices with ice.
2. Strain into a champagne flute and top with sparkling water.
3. Garnish with an orange twist.



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*Have a great weekend!*

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