OCTOBER 30, 2026

HIGH FIVE FRIDAY



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

As we wrap up October, don't forget to join the **Employee Halloween Parties** today in Abbotsford and Chilliwack. Take a break, connect with colleagues, and enjoy some spooky fun!

In November, we are recognizing **Men's Health Awareness**. Creating a healthy workplace takes all of us, and small actions can make a big difference in supporting the wellbeing of those around us.

Visit the HR booth at the **Wellness Fair and Flu Clinic** in Chilliwack on November 4, and mark your calendar for **UFV Employee Wellness Night** at the Cascades Volleyball games and pre-game social on November 19.

The **Fall Movement Challenge** is still going strong! We'd love to hear what's working for you, what challenges you've faced, and the changes you've made along the way.

Stay dry, enjoy a few Halloween treats this weekend and have a safe and Happy Halloween!



Updates and Happenings :

Fall Movement Challenge | Half-way!

November Initiative | Men's Health Awareness

Benefit Spotlight | EFAP Digital Platform

Upcoming events

Recipe | Spinach and Artichoke Baked Eggs

Fall Movement Challenge

FALL 2026

MOVEMENT CHALLENGE

Move your way. Thrive together.

8-Weeks of Movement

Don't worry, it is not to late too start!

Track your moving until November 27!

Bonus Point Opportunities:

October 31, 12:30pm - Employee Halloween Party
Abbotsford: J161 / Chilliwack (A2428)

November 4, 10am-2pm - Health Fair & Flu Clinic (*hosted by Health Sciences*) at Chilliwack Campus

November 19, 5pm - UFV Employee Wellness Night at Cascades volleyball game & Pre-game Social

Join in the conversation:

Looking to share what you have been up to or connect to find a walking partner?

Take part in the Fall 2026 Movement Challenge - Strive to Thrive Teams Channel

How to Participate

- Open the attached tracking sheet (or print it out for your desk).
- Check a box each day you get your 15 minutes of movement in.
- The challenge runs until November 27

The Goal: Just 15 Minutes a Day

- The rule is simple: Log 1 point for any day you complete 15 minutes of intentional movement

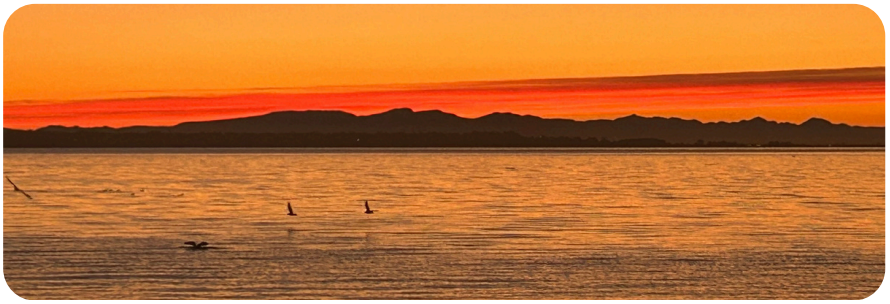
Simple Milestones & Exciting Prizes

- Check off your boxes Monday through Friday to earn up to 5 points a week (additional 2 bonus entries are available). Prizes:
  - Bronze Level (15+ Points): Entered to win Cascade Cash and Strive to Thrive swag.
  - Silver Level (25+ Points): Entered to win $25 campus bookstore gift cards.
  - Gold Level (350+ Points): Entered to win the Grand Prize, including an annual campus Rec Center membership!

How to win!

- As your points add up over the next two months, you will automatically unlock raffle entries for great prizes
- Submit your tracking sheet by December 4 to health.disability.wellness@ufv.ca
- Let's focus on small, sustainable habits that keep us feeling good.

Take a moment to enjoy these beautiful photos from Strive member, **Tara R.** captured during her recent walks, including a breathtaking sunset at Crescent Beach and another lovely walk in Ladner.



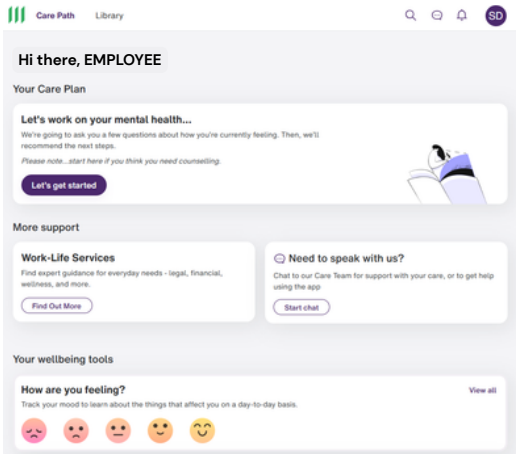


Men's Health Awareness Month



November is **Men's Health Awareness Month**, providing an opportunity to focus on the physical, mental, social, and emotional wellbeing of men while promoting health and wellness for all employees.

Through Manulife you can access - **TELUS Mental health & counselling services**. Get confidential access to professional counselling for work and life.



Ways Men Can Support Their Health

Consider making one small change this month:

1. Schedule a routine health check-up or preventative screening.
2. Add more movement to your day with a walk, workout, or recreational activity.
3. Talk openly about mental health and seek support when needed.

How We Can Support the Men in Our Lives

Creating a supportive community benefits everyone. Consider:

1. Checking in with a colleague, friend, or family member.
2. Encouraging healthy habits and work-life balance.
3. Listening without judgment when someone needs to talk.

Benefit Spotlight – Did you know?

New Digital Platform

Smart Care Navigation & Personalized Support

Homeweb

Brought to you by 140 years Homewood Health

Employees & your family

Getting the help you need starts with one simple step.

ufv.ca/hr/compensation-benefits/employee-family-assistance/

Smart Care Navigation helps you find the support that best fits your mental health, wellness or work life needs. Simply answer a few questions to receive personalized recommendations.

How it works:

- Download Homewood's mobile app and create an account
- Launch Smart Care Navigation from dashboard
- Answer a few questions
- Get expert recommendations
- Match with the right support

Your personalized dashboard brings everything together in one place, from care plans and appointments to recommended content, making it easier to stay informed and track your progress.

Upcoming well-being events

A snapshot of upcoming health and wellbeing events from across UFV

Date	Activity	Notes
Oct. 30 12:30 – 1:30 PM	 Note: protecting and upholding the dignities of all individuals is a shared responsibility and choosing a costume that is offensive, hurtful, or discriminatory in nature goes against our values of inclusion. This Halloween, please wear a costume that is inclusive of your fellow community members.	
Oct. 31 4 & 6 PM	Women's & Men's Cascades Basketball vs. UBC	HAPPY HALLOWEEN! Grab your green or your costume and cheer on your Cascades
Nov 4 10 AM	Health Fair and Flu Clinic	Join Health Studies students and community in atrium on the Chilliwack campus
Nov 4 6 - 8 PM	UFV Campus Recreation Self Defence Class	Gain practical techniques, build confidence, and learn valuable personal safety skills in a supportive environment. Campus Rec is offering a co-ed Self-Defence Techniques & De-escalation class, which is open for registration → Register here Located in: E105 North Gym AB
Nov 10 12 - 1:30 PM	HR Learning Series: Thriving Through Difficult Conversations	A key psychological health and safety factor that impacts our ability to thrive at work is civility and respect. Having civility and respect can support an inclusive environment that allows us to have meaningful productive relationships. Register here
Nov. 19 6 & 7:45 PM	UFV Employee Wellness Night at Cascades volleyball game & Pre-game Social	**Pre-Game Employee Social** Starting at 5 pm, employees and their guests are invited to gather in the cafeteria for dinner (bring your own or buy from cafeteria) and a chance to connect before the games begin. Come cheer on the UFV Cascades as they take on Trinity Western University.

Featured Recipe



Spinach and Artichoke Baked Eggs

Enjoy this this cheesy mash-up of shakshuka and spinach and artichoke dip as the ultimate brunch dish for a slow weekend morning recipe or as a quick and easy weeknight dinner.
Don't forget the crusty bread for dipping!

Prep time: 25 mins **Total Time:** 35 mins **Yield:** 4 servings

Ingredients

- 1 Tbsp. olive oil
- 1 small onion, chopped
- 1 10-ounce package frozen chopped spinach, thawed and squeezed dry
- 1 12-ounce jar marinated artichoke hearts, drained and chopped
- 2 garlic cloves, finely chopped
- 1 tsp. teaspoon kosher salt
- 3/4 tsp. black pepper
- 2 cups whole milk
- 2 oz. cream cheese, cut into pieces
- 2 Tbsp. grated parmesan cheese
- 1 1/2 cups shredded mozzarella cheese
- Hot sauce, to taste
- 8 large eggs, at room temperature
- Crusty bread, for serving

Directions

1. Preheat the oven to 425°. Heat the olive oil in a large ovenproof skillet over medium heat. Add the onion and cook, stirring, until softened, 3 to 5 minutes. Add the spinach and cook, breaking it up with a wooden spoon, until heated through, about 1 minute. Add the artichokes, garlic and ½ teaspoon each salt and pepper. Cook, stirring, until the garlic is softened, about 2 more minutes.
2. Reduce the heat to medium-low, add the milk and cream cheese and cook, stirring, until smooth. Remove from the heat and stir in the parmesan and 1 cup mozzarella. Season with ¼ teaspoon salt and a few shakes of hot sauce.
3. One at a time, crack each egg into a small bowl or measuring cup, make a well in the spinach mixture and pour in the egg. Once all the eggs have been added, sprinkle the whole skillet with the remaining ¼ teaspoon each salt and pepper. Top with the remaining ½ cup mozzarella.
4. Transfer the skillet to the oven and bake until the egg whites are just set, 10 to 13 minutes. (They can have a slight jiggle but should be opaque.) Let stand for 5 minutes, then serve with bread.

We want to hear from you!

Please share your feedback with health.disability.wellness@ufv.ca

Want to learn more about UFV Health and Wellbeing?

Visit the UFV Health and Wellbeing website to explore wellness resources, upcoming events, and opportunities to support your health and well-being throughout the year.

– Any movement is good movement! –