

Wellness Catalogue

Supporting your well-being, together: Take a look at our events and save the dates for the sessions you love.

Mental Health First Aid Training

Dates & Time: June 23, 2026 AND October 20, 2026 9 AM - 4 PM

Location: In-person Ed Lange

Develop essential skills in mental health awareness during this facilitator-led, full-day session centered on confident and empathetic intervention.

(Please only register for one of these session dates)



Lunch & Learn: The Movement & Mental Health Connection

Date & Time: July 14, 2026 12 PM - 1 PM

Location: In-person Ed Lange - Classroom 104

This session is focused on getting you moving and stretching in your chair and out of your chair, while discussing the various ways you can incorporate more physical activity into your daily routine to improve your wellness.



Financial Well-Being Essentials

Date & Time: August 19, 2026 12 PM - 1 PM In-person

Location: Virtual (Zoom) Ed Lange - Classroom 104

AND

Date & Time: August 25, 2026 12 PM - 1 PM Online

Location: In-person

Build a practical financial plan by learning to assess your current situation, set goals, and manage daily spending with confidence.



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Lunch & Learn: Burnout Prevention

Date & Time: September 17, 2026 12 PM - 1 PM

Location: Zoom

Learn about the nervous system and how to detect early signs of burnout as well techniques you can use everyday to feel more balanced.



Lunch & Learn: From Frazzled to Focused

Date & Time: October 8, 2026 12 PM - 1 PM

Location: In-person [Link to Event \(2026\)](#)

Discover formal and informal Mindfulness practices you can call upon whenever you're feeling frazzled, anxious or stressed so you can feel more in command of your experience. [Link to Event \(2026\)](#)



Unlocking Your Saving Potential

Date & Time: November 12, 2026 12 PM - 1 PM

Location: In-person [Link to Event \(2026\)](#)

Unlock your savings potential by demystifying the differences between RRSPs, TFSAs, and the new FHSA, while gaining a clear understanding of how income taxes impact your strategy so you can maximize every dollar you save.



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Lunch & Learn: Men's Health

Date & Time: November 17, 2026 12 PM - 1 PM

Location: In-person *College - Classroom 1213*

Take a proactive step toward better health for you and your loved ones by joining this session designed to equip you with practical tools for men's long-term well-being.

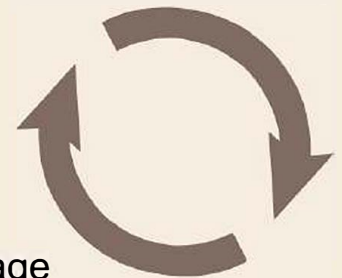


Lunch & Learn: A Mindful Approach to Creating Healthier Habits

Date & Time: January 19, 2027 12 PM - 1 PM

Location: Virtual (Zoom)

Shed unhealthy habits and develop empowering ways to manage your well-being using mindfulness principles and psychology.



Lunch & Learn: Healthy Eating 101

Date & Time: February 16, 2027 12 PM - 1 PM

Location: In-person *College - Classroom 1118*

Learn simple, affordable healthy eating strategies focused on progress over perfection to help you connect the dots between your actions and your long-term well-being. This session includes a customized full-color recipe e-book to help you get started right away.



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Lunch & Learn: Women's Health

Date & Time: March 23, 2027 12 PM - 1 PM

Location: In-person [Wellness Catalogue - Greenpoint \(138\)](#)

Discover how hormonal cycles influence women's health through every life stage and gain actionable insights to optimize well-being for yourself or your family.



Lunch & Learn: Sleep Well, Be Well

Date & Time: April 14, 2027 12 PM - 1 PM

Location: In-person [Wellness Catalogue - Greenpoint \(139\)](#)

Discover proven nutrition, supplement, and environmental strategies to help you fall asleep, stay asleep, and wake up feeling refreshed.



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