Recognition Awards

Help us celebrate excellence! Nominations are now being accepted for the Excellence in Learning Support Award (deadline April 30th) and the Excellence in Leadership Award (deadline May 31st). The 2017 awards will be presented at Celebrate! on September 28th. To learn more about these awards, their criteria and previous recipients, as well as other University recognition initiatives, please visit the Human Resource Services' Health and Wellness website at www.hrs.ualberta.ca.

U of A Corporate Challenge  May 24 - June 11, 2017

Each year, the University of Alberta participates in Corporate Challenge. Open to all University of Alberta employees, this two-week sport and recreation event focuses on participation, sportsmanship, team building and fun! There are tons of ways to get involved: join a team, volunteer, donate blood, or cheer on your co-workers at an event. For more information on Corporate Challenge 2017, visit www.ualberta.ca/events/corporate-challenge.

The U of A 2017 Corporate Challenge team needs team captains! If you would like to lead Eight Ball, Golf, Mountain Bike, Near-Beer Pong, Table Tennis, Yard Games or Scavenger Hunt, please contact Darlene Bryant at 780.492.6892 or darlene.bryant@ualberta.ca. Not interested in being a team captain? You can still get involved by volunteering, or donating blood.

The Blood Donor Challenge is on now and runs until June 11th. The University will receive credit for every donation made by any individual who indicates an association with the University of Alberta using the Partner ID # UNIV010313.

Thank you to all those who participated in the 2016 Blood Donor Challenge. The U of A achieved 104% of its pledged goal of 450 units! We hope we can count on you again this year and we encourage new donors to join the challenge. This year’s pledge is 600 units!

World Health Day Event

Celebrate World Health Day on Friday, April 7th in the Maple Leaf Room at Lister Centre. Start the day with Rise and Shine Yoga at 6:15am followed by breakfast at 7:15am and Dr. Candace Nykiforuk’s keynote address at 7:30am. RSVP to wellness@ualberta.ca no later than April 3rd.
Online Health Library
Your Employee and Family Assistance Program offers counseling, coaching, information and support.

All U of A faculty, staff and their eligible dependents have access to our EFAP provider’s online health and wellness library. The online library provides users a wealth of exclusively Canadian content and has information on drugs, disease, natural products, tests, procedures, and general health. It includes information designed to improve health and wellness, and assists individuals in improving their personal and work-life balance.

To access the library, register for Homeweb. Visit the website to learn more about all the services provided by our Employee and Family Assistance Provider.

Kids & Company
The University of Alberta is a corporate member of Kids & Company. This service provides faculty and staff guaranteed access to full and part-time child care as well as emergency, back-up child care and support while on maternity/paternity leave. In addition, Kids & Company holds parent workshops and events, offers after-hours babysitting services and has free parent date nights and shopping days.

Kids & Company offers other services including elder care which provides a wide range of support services for aging parents. For more information about Kids & Company’s flexible child care and elder care options and fees for these services, visit hrs.ualberta.ca/Benefits/Life Events and select Child Care & Elder Care.

Adopt a Planter Program
The Adopt a Planter program provides an opportunity to enjoy the great outdoors and help beautify campus. To learn more about the program, visit virtualwellness.ualberta.ca (Active Living for U, Adopt a Planter) and join us on April 7th for the Lunch & Learn “Get Growing!” Register on the Learning Shop today!

CAMPUS EVENTS

National Dental Hygienists Week
April 8-14, 2017
During National Dental Hygienist week, U of A dental hygiene students will have booths set up across campus with a variety of themes. They will be distributing toothpaste and toothbrushes and there will be some attendance prizes too!

School of Dentistry - Centennial Lecture 2
April 20, 2017
Fear and anxiety of going to the dentist is common in our population. Many people struggle to get into the dental chair and get their dental treatments done. At “Who is Afraid of the Dentist?”, School of Dentistry experts will dedicate the evening to understanding why people are afraid of the dentist, how they can avoid that fear and strategies to use to comfortably go through dentistry-related procedures. Join the experts in the Allard Family Theatre in the Katz Group Centre at 6pm to learn about coping with dental fear so that you can get the checkup you need!

Bust a Move!
The Alberta Cancer Foundation’s 6th Annual “Bust a Move for Breast Health!” takes place on May 13, 2017. Whether you are a yoga master or step class disaster, you can make a difference for Albertans facing breast cancer! Register today at bustamove.ca to participate in six different fitness sessions over six hours. The event takes place at the Universiade Pavilion-Butterdome.

www.virtualwellness.ualberta.ca