


# ACTIVITIES TO COMPLETE



## HOW TO PARTICIPATE

Complete the activities above during September for a chance to win! You must complete all **RED** activities to enter the prize draws. When you participate in activities with a  you will receive a stamp. Initial the other activities yourself once you have completed them. You will have the opportunity to win 1 of 3 prize packages from items donated by campus partners, depending on how many activities you complete. The grand prize is valued at over **\$1700!** View the back of this passport for prizes and where to submit your completed passport. The draw for prize winners will happen on Oct 3 at the Campus Mile.


\*activities are on the September Wellness@Work calendar and may require registration.

ALL U OF G EMPLOYEES ARE ENCOURAGED TO PARTICIPATE. ONE SUBMISSION PER PERSON.

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## WHAT YOU CAN WIN

### Grand Prize Package! Complete all 9 activities to enter to win:

Annual Red Parking Pass; Annual NRG Athletics Fitness Membership; VIP Dining Experience Package with a private lounge reservation in Brass Taps Pub and \$120 food and beverage credit; \$50 Hospitality Gift Card; Bookstore gift package that includes a tote, a sweater, a water bottle, and stickers; Arboretum Biodiversity Booklets

### Prize Package #2! Complete at least 7 activities to enter to win:

30min Massage from HPC; Fall Produce box from the GCUOF; \$25 Hospitality Gift Card; Gryph's Locker gift package that includes a red Nike polo, a Champion backpack, and a Gryphon's tumbler; Honey Bee Research Centre prize basket including four 165g honey jars, skep beehive beeswax candle, beeswax ornament, and lip balm; Arboretum Biodiversity Booklets

### Prize Package #3! Complete at least 5 activities to enter to win:

\$25 Hospitality Gift Card; \$20 Bullring Gift Certificate; \$25 Campus Food Market Credit; Arboretum Biodiversity Booklets

## WHERE DO I SUBMIT MY COMPLETED PASSPORT?

Completed passports must be submitted in person to Wellness@Work at either of the following times:

- **Thurs, Sept 29** between 1pm-4pm at the Campus Food Market
- **Mon, Oct 3** at the Campus Mile as we kick off Healthy Workplace Month.



ALL OF SEPTEMBER 2022

# EMPLOYEE 0-MONTH

PASSPORT CHALLENGE

CELEBRATING OUR U OF G  
COMMUNITY!

FIRST AND LAST NAME: \_\_\_\_\_

DEPARTMENT: \_\_\_\_\_

U OF G EMAIL: \_\_\_\_\_

EXTENSION: \_\_\_\_\_

Questions? Email: [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca)

(must complete to be eligible for prizes)

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