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BeWell Grant Overview of Successful Applicants 2024-25

Hub 5 + Friends Social Wellbeing Series, Faculty of Arts and Science

LibWell, Library Services

Staff Appreciation Wellness Keynote Speaker, Smith Engineering

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This event is designed to bring together all 400 full-time Student Affairs staff, along with summer student staff from over 20 units, for an end-of-summer celebration focused on wellness, self-care, and community building. This drop-in event offers staff the chance to connect before the new academic year begins, engaging in stress-reducing activities like puzzles, paint by numbers, and crafts. Attendees can also contribute to "Best of Summer" lists, sharing their favorite movies, books, and activities, fostering a sense of belonging. The event will feature wellness-themed door prizes for both individuals and units, including gift certificates, art supplies, and tickets to varsity games or performances. This event aims to strengthen connections across the Student Affairs portfolio and promote ongoing engagement in wellness practices throughout the year.

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This initiative was created to address social isolation and promote physical activity among staff and faculty at Queen's. With many employees spending long hours alone at their desks, this program offers a refreshing way to reconnect with colleagues and engage in a fun, inclusive activity. Running monthly from November 2023

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