



Scan the QR code to
register.

Or go to
uoguel.ph/2025recskate



FREE DROP-IN RECREATIONAL SKATING

DEC 12, 2025 | 11:30AM - 1:30PM
GRYPHONS CENTRE ARENA

Bring your skates and a colleague and
enjoy some hot cocoa and apple cider
as we ease into the holidays!

We will also be accepting donations for the
Student Food Bank to support our community
members this holiday season!



**Wellness
@Work**