



2021
EMPLOYEE WELLNESS BROCHURE

Supporting employee wellness at MRU.

EMPLOYEE DEVELOPMENT

SERVICE OFFERING

MRU supports and promotes professional development for all employees. The Employee Training portal ([MyMRU > Employee tab > Employee Training](#)) regularly offers learning opportunities that may be relevant to your development. Visit the Employee Training portal to learn about, and register for upcoming learning opportunities.

There are a number of professional development funding options available to all employees through MRSA, MRFA and HR. We would highly recommend that you work with your leader to develop a professional development plan to ensure alignment to MRU's strategy.

CONTACT INFORMATION

- » 403.440.6584
- » prodev@mtroyal.ca
- » Department of Human Resources – E231

DENTAL OFFICE

SERVICE OFFERING

At Dental Choice, your dental health is our top priority. We are committed to creating an excellent atmosphere for you to take care of your oral health. Our campus location provides a convenient location for students, faculty and staff, but we are also open to the general public!

We would love to take care of your family's oral health needs under one roof. We also accept and direct bill to most insurance plans.

CONTACT INFORMATION

- » 403.685.3210
- » dentalchoice.ca
- » Wyckham House - Z006 (Lower Level)

PHARMACY

SERVICE OFFERING

At Wyckham Pharmacy, we hope to tailor our products and services to meet your individual needs quickly, confidentially and with the utmost care. Our services include: pharmacist prescribing, prescription transfers, injection administration, medication reviews and more.

It's everything you would want in a pharmacy, right here on the MRU campus!

CONTACT INFORMATION

- » 403.720.3784
- » wyckhampharmacy.com
- » Wyckham House – Z004 (Lower Level)

OPTOMETRIST

SERVICE OFFERING

Visit our welcoming and talented doctors and staff who will set you at ease in our new optical lounge located in the Wyckham House Basement (next to Dental Choice). We're proud to be among the most affordable eye care providers in the city. We also offer direct billing for all employee benefits plans to make your life just a little easier. See our website for coverage rates.

CONTACT INFORMATION

- » 403.764.4825 (call)
- » 587.907.5700 (text)
- » oldst.ca
- » Wyckham House – Z007 (Lower Level)