

## On The Goga – Your Total Wellbeing Hub

On The Goga is an online hub for total wellbeing built on the principle that happy people do great things. On The Goga resources, events and tools are available to all CAP employees and their families.

Since wellbeing looks and feels different for everyone, you and your family can choose what fits your needs from hundreds of resources in On The Goga's five pillars of total wellbeing: Physical, Emotional, Community, Financial, and Environmental.



### Wellbeing When You Want It, How You Want It, Anywhere

On The Goga's online hub is an "always on," one-stop, virtual toolkit where you can sign up for virtual workshops, view workshop recordings, and access the wellbeing library with hundreds of unique pieces of content.

Choose when you want wellbeing support, what area interests you, and how you want to experience it.



**Live & Recorded  
Wellbeing Workshops**



**Wellbeing  
Challenges**



**Recipes, Videos,  
Articles & More**



**& More  
Resources**

**Check out this video to see the wide variety of resources on the City's Wellbeing Hub!**



**NOTE:** Activities completed through the On The Goga wellbeing hub are not eligible for wellness points.

### GET STARTED WITH ON THE GOGA

To get started with On The Goga, click <https://hub.onthegoga.com/cap-signup>, enter the web address into your browser, or scan the QR code and use your City email address to log in or create a new account.

**NOTE:** It's important to use your City email address with your On The Goga account so that you access the special tools, resources and events designed for City employees and families.



**SCAN to sign up  
for the On The Goga  
Wellness Hub**