Wellness Initiatives

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In addition to the University's Wellness@Work [1] initiative, Occupational Health and Wellness (OHW) offers a variety of strategic wellness initiatives to assist faculty and staff members in optimizing their health and well-being. This may include the following:

The Better "U"

The Better "U" is a noon hour activity program offered to faculty and staff for 12 weeks on Mondays and Wednesdays between the months of April and July. The program includes stretching and a combination of walking and running programs. Please come join us for this relaxed and informal program!

We recommend that you check with your doctor before starting any exercise program.

For more information and to register, please contact OHW by email [2], or by phone at 519-824-4120 ext. 52647. You can also contact us if you have any questions or concerns in regards to participating in this program.

Wellness Friday - Lunch & Learns

Wellness sessions on a variety of topics are presented most Fridays (12:00 pm-1:00 pm) during the year. The sessions are offered for faculty and staff in Alexander Hall, Room 168 or they can be accessed remotely. For further information on the scheduled dates and topics or to register for a session please go to the Learning and Development Events Calendar [3].

Please contact Wellnes@Work by email [4], or by phone at 519-824-4120 ext. 53314 if you have any questions.

Wellness Resources

Gryphon Family Resources [5] has information available to assist in balancing school, work and home life during COVID-19

There are many services, programs, and resources available in Guelph and the surrounding area. Wellness@Work has a comprehensive list here [6].

Learning & Development is gathering free recorded digital sessions to support effectiveness, performance success, learning, and well-being. Resources are regularly being added here [7].

Please contact OHW by email [2], or by phone at 519-824-4120 ext. 52647 if you have any questions.

Source URL:https://www.uoguelph.ca/hr/about-hr/occupational-health-and-wellness-ohw/wellness-initiatives

Links
[1] https://www.uoguelph.ca/wellnessatwork/ [2] mailto:ohw@uoguelph.ca [3] https://www.uoguelph.ca/learningmatters/eventreg/ [4] mailto:wellnessatwork@uoguelph.ca [5]

https://news.uoguelph.ca/2019-novel-coronavirus-information/gryphon-family/ [6] https://www.uoguelph.ca/wellnessatwork/wellness-resources [7] https://www.uoguelph.ca/hr/hr-services-learning-development/free-digital-learning-resources