<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>WEEKEND: SAT/SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6/7</td>
</tr>
</tbody>
</table>
| Mental Illness Awareness Week Campus Mile: Healthy Workplace Month Launch Event Celebrate our Spaces Photo Contest (Runs Oct. 1st - 22nd) | Get a Better Sleep Workshop
12:00 pm - 1:00 pm | Eating for Mental Well-being
12:00 pm - 1:00 pm | Establishing Work-Life Harmony
12:00 pm - 1:00 pm | Discover our Spaces Scavenger Hunt (Runs Oct. 6th - 19th) |
| 8      | 9       | 10        | 11       | 12     | 13/14           |
| Happy Thanksgiving! Fire Prevention Week World Mental Health Day Exercise Tutorial - Arkell Blood Donor Clinic - Elora 3:00 pm - 7:00 pm | Blood Donor Clinic - Woodstock 1:30 pm - 7:30 pm | Blood Donor Clinic - Elora 3:00 pm - 7:00 pm | Biology Community Centre | 29 David St. West | Blood Donor Clinic - Woodstock 8:30 am - 11:30 am | Gett Hall | 381 Finkle St. |
| 15     | 16      | 17        | 18       | 19     | 20/21           |
| Blood Donor Clinic - Guelph 10:00 am - 4:00 pm | Blood Donor Clinic - Simcoe 2:00 pm - 7:00 pm | The Emotional Effects of Retirement
12:00 pm - 1:00 pm | Establishing Work-Life Harmony
12:00 pm - 1:00 pm | Blood Donor Clinic - Woodstock 8:30 am - 11:30 am | Gett Hall | 381 Finkle St. |
| 22     | 23      | 24        | 25       | 26     | 27/28           |
| Celebrate Our Spaces Contest Ends Beating Workplace Stress Beating Workplace Stress 12:00 pm - 1:00 pm | Blood Donor Clinic Guelph-Humber 10:00 am - 2:00 pm | Psychology of Well-Being Panel
12:00 pm - 1:00 pm | Blood Donor Clinic - Woodstock 8:30 am - 11:30 am | Goff Hall | 381 Finkle St. |
| 29     | 30      | 31        |          |        |                 |
| Meatless Monday! Halloween Day | Spooktacular Space Contest! |

Please visit [www.uoguelph.ca/wellnessatwork](http://www.uoguelph.ca/wellnessatwork) to learn more about each free event and complete registration where required. More details on reverse.
WEEK ONE
(October 1 - 7)

Mental Illness Awareness Week
Mental Illness Awareness Week is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness.

Campus Mile: Healthy Workplace Month Launch Event
Staff, faculty, and students are invited to celebrate the launch of Healthy Workplace Month with a Campus Mile. Walk, run or roll a mile at your campus or research station with your colleagues and friends! This is a chance for you to engage in physical activity as well as connect with colleagues, take in the sights and sounds of your beautiful campus or research station, thereby enhancing your mental mood.

Celebrate Our Spaces Photo Contest
What’s your favourite space on campus or at your research station? Take a photo of the place that you love best on campus, at Ridgetown, the University of Guelph-Humber or at a research station – anywhere U of G is! – and tell us why you like it so much. A panel of judges will select the top three photos and award prizes.

Submit photos to wellnessatwork@uoguelph.ca
For more information, contact Sarah Joosse at wellnessatwork@uoguelph.ca or ext. 56705

WEEK TWO
(October 8 - 14)

Fire Prevention Week
Look. Listen. Learn. Be aware. Fire can happen anywhere! Learn more about the essential steps to take in a fire, read safety tip sheets and view activities for kids to educate them about fire safety. Visit: www.smf.ca/project/fire-prevention-week

World Mental Health Day
World Mental Health Day aims to raise awareness of mental health issues around the world and mobilize efforts in support of mental health. How do you promote your mental health? Tweet using hashtag #WellnessatUofG

Get a Better Sleep Workshop
Does it take a long time to fall asleep? Mid-night awakenings? Sleep is not refreshing? Learn the most effective drug-free strategies to promote better, restful sleep. (Yes, it’s true that long term use of sleeping pills changes your sleep structure and generates insomnia)! You can live-stream this session remotely through Adobe Connect at the following link: http://uoguelph.adobeconnect.com/wellnesslunchsessions/

Eating for Mental Well-Being Workshop
Join this interactive session to learn about the connection between our food habits and mental well-being. You will learn specific tips and tools that can be helpful in managing stress, anxiety, low energy, and difficulties with concentration and focus. You can live-stream this session remotely through Adobe Connect at the following link: http://uoguelph.adobeconnect.com/wellnesslunchsessions/

Establishing Work-Life Harmony
Many of us feel overwhelmed by competing work and family demands. This session helps participants identify their key work-life stressors, clarify their values and develop skills and strategies to effectively prioritize their time and energy. You can live-stream this session remotely through Adobe Connect at the following link: http://uoguelph.adobeconnect.com/wellnesslunchsessions/

Discover our Spaces Campus Scavenger Hunt
U of G is made of a number of buildings of diverse architecture. Go online to find details about this scavenger hunt activity made up of photos of buildings from the Guelph campus for you to find. When you complete the activity submit it to wellnessatwork@uoguelph.ca. Prizes available!

WEEK THREE
(October 15 - 21)

Blood Donor Clinic
There are a variety of blood donor clinics in different locations throughout the month. Find the clinic closest to you on the Healthy Workplace Month Calendar and register online for a time to donate. Give the gift of life to another person by donating blood. Visit the website to sign-up for a time to donate: https://blood.ca/en

The Emotional Effects of Retirement
Planning to retire can be a source of both excitement and anxiety. Whatever the emotional response, retirement marks a transition to a new life stage and lifestyle in which daily routines, identity, and roles all change. This session will introduce participants to the emotional effects of retirement. You can live-stream this session remotely through Adobe Connect at the following link: http://uoguelph.adobeconnect.com/wellnesslunchsessions/

WEEK FOUR
(October 22 - 28)

Beating Workplace Stress
In this workshop, participants will learn how to effectively deal with the stress of everyday working life through a series of interactive activities. Participants will gain a better understanding of the difference between maladaptive and productive coping strategies, while becoming equipped with the evidence-based strategies for happier, healthier working lives. You can live-stream this session remotely through YouTube at the following link: https://www.youtube.com/watch?v=TDb01uMt47Q&feature=youtu.be

Psychology of Well-Being Panel
This panel features renowned psychologists from the University of Guelph’s Centre for Workers’ Health and Well-Being, who will be sharing tips and strategies for individuals to improve their personal well-being inside and outside of their office walls. You can live-stream this session remotely through YouTube at the following link: https://www.youtube.com/watch?v=1hnndB7NY6Y

WEEK FIVE
(October 29 - 31)

Meatless Monday
The Sustainability Office has put together a Meatless Monday blog with a list of where to eat meatless at U of G. View the top 3 winning vegetarian recipes from The Great Wellness@Work Recipe Contest. Show off your healthy meals using the hashtag #wellnessatUofG! Learn more at the Wellness@Work website.

Spooktacular Space Contest
Festively decorate your research station, work space or common area with your colleagues and submit your photos using the hashtag #wellnessatUofG to enter your office or work space!

Please visit www.uoguelph.ca/wellnessatwork to learn more about each free event and complete registration where required.