

AUGUST 2019

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 *NEW* Join the Gryphons Read Faculty and Staff Book Club Recess League	2 BLOG POST: Spring Snaps Contest Winners BLOG POST: ON TOUR @ U of G Sustainability Series Highlights
5 Civic Holiday National Exercise with your Child Week	6 Free Classical Yoga with Lalit Tech-Free Tuesday Night Challenge starts	7 Wednesday Walks at the Arboretum	8 BLOG POST: Time Management Tips- Managing Time Before and After Vacation	9 International Day of the World's Indigenous People
12 Tour at the Art Gallery of Guelph: Art Crunch	13 Free Classical Yoga with Lalit Tech-Free Tuesday Night Challenge	14 Wednesday Walks at the Arboretum	15 BLOG POST: RFS Reaching for Success in Wellness	16 BLOG POST: 2019 Wellness@Work Recipe Booklet
19 BLOG POST: Healthy Habits: Actions to Recovery	20 Free Classical Yoga with Lalit Tech-Free Tuesday Night Challenge	21 Wednesday Walks at the Arboretum STOP on the Road Smoking Cessation Workshop	22 BLOG POST: Wellness@Work Goes Behind-the-Scenes at the UC Kitchen	23 FRIDAY FOOD TRUCK & FRISBEE FEST RSVP Online!
25 Guelph Gryphons vs. McMaster \$ 26	27 Free Classical Yoga with Lalit Tech-Free Tuesday Night Challenge ends	28 Wednesday Walks at the Arboretum VIDEO POST: How to Recharge Your Batteries in an Age of Relentless Demands	29 BLOG POST: Getting e-Ready for September	30 BLOG POST: Spotlight on Workload Management- Manage your Inbox

#WellnessatUofG

Learn more and register online: <https://www.uoguelph.ca/wellnessatwork/>