

# APRIL 2025

Wellness@Work Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8 <div><b><u>Wellness Grant Applications Open</u></b></div> <div><u>Sound Bath</u></div>	9	10	11
14 <div><u>U of G on Tour: Get to know your campus Athletics &amp; Recreation Facilities!</u></div>	15 <div><u>Ask the Dietitian – Individual Consultations</u></div>	16 <div><u>Wellness@Work Grant Information Session (Guelph-Humber applicants)</u></div>	17 <div><u>Wellness@Work Grant Information Session</u></div>	18 <div>Good Friday</div>
21	22 <div><b>Earth Day</b> <u>Arboretum Spring Clean-Up</u></div>	23	24	25 <div><u>Beyond Stigma: Increasing Our Understanding of Mental Health in the Workplace</u></div>
28 <div><u>Chair Yoga – Get Fit While You Sit</u></div>	29 <div><u>Inclusive Leadership- Applying Anti-Oppressive and Anti-Racism Lenses to Decision-Making</u></div> <div><u>Gut Health for Whole Body Wellness- Supporting Your Microbiome Through Nutrition</u></div>	30		
<div><b><u>Nominate a colleague for the April "G" Thanks! Prize</u></b></div> <div>Weekly Occurrences:</div> <ul style="list-style-type: none"><li><u>Every Tues: Free in person Yoga</u></li><li><u>Every Wed: Noon Hour Arboretum Walks</u></li><li><u>Every Thurs: Campus Food Market</u></li></ul>				