

APRIL 2021

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Session will be recorded			1 Virtual Yoga Speaker Series – Barbara Quinlan 12-1 pm	2 Statutory Holiday
5	6 Women, Work and Wellness Session 12-1:30pm Classical Yoga 12-1 pm The Arboretum: Garden Fundamentals with Robert Pavlis (\$) 7-8 pm	7 GOAL 2.0 Training for Employees 9-11:30 am Mood Moves 12:20-12:30 pm	8 Virtual Yoga Speaker Series – Vinod Balakrishna 12-1 pm	9 Wellness Friday – Forgiveness: Letting Go and Moving Forward 12-1 pm
12	13 RBC Employee Financial Wellness Seminar – Investing in Real Estate 12-1 pm Classical Yoga 12-1 pm The Arboretum: Garden Fundamentals with Robert Pavlis (\$) 7-8 pm	14 Mood Moves 12:20-12:30 pm	15 Virtual Yoga Speaker Series – Ma Hansa Ji 12-1 pm	16
19	20 Classical Yoga 12-1 pm The Arboretum: Garden Fundamentals with Robert Pavlis (\$) 7-8 pm	21 Mood Moves 12:20-12:30 pm COVID-19 with Dr. Andrew Papadopoulos 1-1:30 pm	22 Earth Day Lunch and Learn with Bird Safe Guelph 12-12:30 pm Virtual Yoga Speaker Series - Panel 12-1 pm	23
26 Acknowledging Indigenous Lands 2-3:30 pm	27 Classical Yoga 12-1 pm The Arboretum: Garden Fundamentals with Robert Pavlis (\$) 7-8 pm	28	29 Classical Yoga 12-1 pm	30 Wellness Friday – The Science of Happiness 12-1 pm