



APRIL 2022

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Weekly Occurrence:</p> <ul style="list-style-type: none"> • Tues & Thurs: Classical Yoga • Wed: Noon Walks 	<p>Wellness Challenge: Rock What You've Got: Recipes for Preventing Food Waste</p> <p>For this month's Wellness Challenge, as part of our commitment to sustainability, we challenge you to use one of the recipes in the free Guelph Family Health Study cookbook ("2 in 1 Recipes", "Fridge Clean out", or "Zero Waste"). Post a picture of your meal on our Kudoboard and be entered to win a prize!</p>			<p>1</p> <p>Learn more about the Not Myself Today initiative and create a profile</p>
<p>4</p> <p>Get to know your campus Athletic Facilities</p>	<p>5</p>	<p>6</p> <p>Complete the Not Myself today "Facts of the Matter" quiz to test your understanding of mental health and mental illness.</p>	<p>7</p> <p>Campus Fresh Food Market</p>	<p>8</p>
<p>11</p>	<p>12</p> <p>GOAL 2.0 Training for Employees</p>	<p>13</p>	<p>14</p> <p>Share your mood for the day using the Not Myself Today "How are you feeling today?" feature at the top of the portal dashboard</p>	<p>15</p> <p>Good Friday Stat Holiday</p>
<p>18</p> <p>Make it your mission to foster a more positive work environment through random acts of kindness by using the Not Myself Today, Mission: Possible feature</p>	<p>19</p>	<p>20</p> <p>Register for a Not Myself Today Information Session to learn more about the initiative and resources that are available to you!</p> <p>All Employees Registration</p> <p>Ambassador Registration</p>	<p>21</p>	<p>22</p> <p>Earth Day</p> 
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p> <p>Deadline for "G" Thanks! Appreciation Nominations</p>