

# APRIL 2023

## Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <a href="#">U of G on Tour: Get to Know Your Campus Athletics &amp; Recreation Facilities</a> (in-person)	<b>4</b> <a href="#">Continue the conversation: The No Club: Putting a stop to women's dead-end work</a> (in-person)	<b>5</b> <b>Resource Highlight: <a href="#">Learn more about mental health resources through the Not Myself Today</a> initiative and create a profile</b>	<b>6</b>	<b>7</b> <b>Statutory Holiday</b>
<b>10</b> <a href="#">Movement Monday: 15 minute chair yoga</a> (virtual)	<b>11</b>	<b>12</b>	<b>13</b> <a href="#">Inclusive Leadership- Applying Anti-Oppressive and Anti-Racism Lenses to Decision-Making</a> (virtual)	<b>14</b>
<b>17</b>	<b>18</b> <a href="#">Learn-to-Run 5K Program Information and Registration Session</a> (virtual)	<b>19</b> <a href="#">Prioritization and Planning for Leaders (Formerly Managing Me)</a> (virtual)	<b>20</b> <a href="#">U of G on Tour: Guelph Turfgrass Institute</a> (in-person)	<b>21</b> <a href="#">Arboretum Spring Clean-Up</a> (in-person)
<b>24</b> <a href="#">Learn-to-Run 5K Program Begins</a> (in-person)	<b>25</b> <a href="#">After Work Euchre Tournament at Your On-Campus Craft Kitchen &amp; Ale House</a> (in-person)	<b>26</b>	<b>27</b>	<b>28</b> <a href="#">Nominate a colleague for the April "G" Thanks! Prize</a>

### Earth Month

#### Weekly Occurrences:



- [Every Tues: Free in person Yoga](#)
- [Every Wed: Noon Hour Arboretum Walks](#)

