

APRIL 2024

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>1</p> <p>Get to know your Athletics Facilities</p>	<p>2</p>	<p>3</p> <p><u>Wellness@Work Grant Program Applications Open</u></p>	<p>4</p>	<p>5</p> <p>Resource Highlight: Learn more about mental health resources through the Not Myself Today initiative and create a profile</p>	
<p>8</p> <p>Chair Yoga: Get Fit Where You Sit</p>	<p>9</p> <p>Human Rights Fundamentals – Anti-Discrimination and Harassment for Staff and Faculty</p>	<p>10</p> <p>Wellness@Work Grant Program Information Session (Guelph-Humber applicants)</p> <p>The Working Mind For People Managers- Part 1</p>	<p>11</p>	<p>12</p>	
<p>15</p> <p>Wellness@Work Grant Program Information Session</p> <p>Morning Mindful Moment</p>	<p>16</p> <p>Personal Leadership at Work</p>	<p>17</p> <p>The Working Mind For People Managers- Part 2</p> <p>U of G on Tour: Biodiversity, Insect Collection and DNA Barcoding</p>	<p>18</p>	<p>19</p> <p>Wellness Friday Psychological Hygiene</p>	
<p>22</p> <p>Earth Day</p> <p>Arboretum Spring Clean Up</p>	<p>23</p> <p>Leading Sustainability at U of G: Discussions to Take Action</p>	<p>24</p> <p>Arboretum Noon Hour Walk</p>	<p>25</p> <p>U of G on Tour: Biodiversity, Insect Collection and DNA Barcoding</p>	<p>26</p> <p>Nominate a colleague for the April "G" Thanks! Prize</p>	
<p>29</p>	<p>30</p> <p><u>Wellness@Work Grant Program Applications Due at 5pm</u></p>	<p>Weekly Occurrences:</p> <ul style="list-style-type: none"> • Every Tues: Free In-Person Yoga • Every Wed: Noon Hour Walk in the Arboretum 			