

# APRIL 2026

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <a href="#">Trauma-Informed Care</a>	2	3 Good Friday
6	7	8 <a href="#">Wellness@Work Grant Applications Open</a> <a href="#">Community Connect and Colouring</a>	9	10 <a href="#">Improving Workplace Communication</a>
13 <a href="#">Equity Essentials: Intersectional Allyship</a>	14 <a href="#">Wellness@Work Grant Information Session</a>	15	16 <a href="#">Wellness@Work Grant Information Session (Guelph-Humber Applicants)</a>	17 <a href="#">Free NRG Zone for Staff and Faculty</a>
20 <a href="#">Inclusive Leadership in Action: Embedding Anti-Oppression and Anti-racism in Decision Making</a>	21	22 <a href="#">Earth Day: Arboretum Spring Cleanup</a>	23	24 <a href="#">Grief in the Workplace: Understanding &amp; Compassionate Support</a>
27	28 <a href="#">Evidence-Based Strategies to get Better, Restful Sleep</a>	29 <a href="#">Strong for Life: Functional Strength &amp; Mobility for University Staff &amp; Faculty</a>	30	
<p><a href="#">Nominate a colleague for the April "G" Thanks! Prize</a></p> <p><b>Weekly Occurrences:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Every Tues: Free in person Yoga</a></li> <li>• <a href="#">Every Wed: Noon Hour Arboretum Walks</a></li> <li>• <a href="#">Every Thurs: Campus Food Market</a></li> </ul>				

Learn more and register online: [uoguelph.ca/wellnessatwork/](https://uoguelph.ca/wellnessatwork/)