

APRIL 2026

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Trauma-Informed Care	2	3 Good Friday
6	7	8 Wellness@Work Grant Applications Open Community Connect and Colouring	9	10 Improving Workplace Communication
13 Equity Essentials: Intersectional Allyship	14	15	16 Wellness@Work Grant Information Session (Guelph-Humber Applicants)	17 Free NRG Zone for Staff and Faculty
20 Wellness@Work Grant Information Session Inclusive Leadership in Action: Embedding Anti-Oppression and Anti-racism in Decision Making	21	22 Earth Day: Arboretum Spring Cleanup	23	24 Grief in the Workplace: Understanding & Compassionate Support
27	28 Evidence-Based Strategies to get Better, Restful Sleep	29 Strong for Life: Functional Strength & Mobility for University Staff & Faculty	30	

[Nominate a colleague for the April "G" Thanks! Prize](#)

Weekly Occurrences:

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

Learn more and register online: uoguelph.ca/wellnessatwork/