

BE WELL
BE SAFE



Faculty. Staff. Students.

Please join us in celebrating Mental Health Week and North American Occupational Safety and Health Week!

Navigating Stress & Change in the Workplace

Keynote Speaker:
Dr. Robyne Hanley-Dafoe



Monday May 3, 2021
1:30–3:00 p.m.
Register to join online

- Multi-award winning psychology instructor
- Author of book, "Calm within the Storm"
- Expert on resiliency and workplace wellness
- Provides practical strategies that help foster well-being during uncertainty

Learn more & register:

uoguelph.ca/wellnessatwork/be-well-be-safe



University of Guelph

Wellness
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