


# DECEMBER 2019

## Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Desk Jockey Yoga: Free Fitness Class</p> <p><b>BLOG POST:</b> Healthy Workplace Month Contest Winners</p>	<p>3</p> <p>Classical Yoga with Lalit</p> <p><b>BLOG POST:</b> Highlights from Healthy Workplace Month 2019</p>	<p>4</p> <p>Wednesday Walks at the Arboretum</p>	<p>5</p> <p>International Volunteer Day</p> <p>Zumba: Free Fitness Class</p>	<p>6</p> <p>Labyrinth Drop-in</p>
<p>9</p> <p>Pound: Free Fitness Class</p> <p><b>BLOG POST:</b> Give Yourself the Gift of Gratitude</p>	<p>10</p> <p>International Human Rights Day</p> <p>Classical Yoga with Lalit</p>	<p>11</p> <p>Free ASIST Training: Day 1</p> <p>Wednesday Walks at the Arboretum</p>	<p>12</p> <p>Free ASIST Training: Day 2</p> <p>Pilates: Free Fitness Class</p> <p>Acknowledging Indigenous Lands</p>	<p>13</p> <p>Labyrinth Drop-in</p> <p><b>BLOG POST:</b> Supporting Those in Recovery During the Holidays</p>
<p>16</p> <p>Tabata: Free Fitness Class</p> <p>Free access to the Hydro Massage Lounger in Athletics from Dec. 16-20.</p>	<p>17</p> <p>Classical Yoga with Lalit</p>	<p>18</p> <p>Wednesday Walks at the Arboretum</p>	<p>19</p> <p>Free Rec Skating and Hot Chocolate</p> <p>Free Rec Hockey </p>	<p>20</p> <p><b>BLOG POST:</b> Preventing Slips, Trips and Falls this Winter</p>
<p>22 23</p> <p>Visit the Athletics Centre for free access to the Fitness Centre on December 22 and 23.</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>30</p>	<p>31</p>	<p><b>Wellness@Work Book Club</b></p> <p>The next book is “Ready to Come About” by local author Sue Williams. Start reading over the holiday break and the Wellness@Work book club discussion will take place in February.</p>		