

DECEMBER 2020


Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>December Wellness Challenge: Share your Holiday Food Traditions on the Kudoboard</p>	<p>1</p> <p>Acknowledging Indigenous Lands</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>2</p>	<p>3</p> <p>Challenging Barriers to Equity De-Brief Session</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>4</p> <p>Mood Routes Walk</p>
<p>7</p> <p>BLOG POST: Highlights from Healthy Workplace Month 2020</p>	<p>8</p> <p>RBC Seminar: Financial Wellness and Budgets</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>9</p> <p>How to Adopt a Growth Mindset to Adapt to the Future Now</p> <p>Leveraging the Okanagan Charter to Bounce Forward from the Three Major Crises of our Time: COVID-19 Pandemic, Systemic Racism, and the Climate Emergency</p>	<p>10</p> <p>International Human Rights Day</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>11</p>
<p>14</p>	<p>15</p> <p>Live Facilitated Podcast: Leading with Emotional Intelligence During a Pandemic</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>16</p> <p><i>The Social Dilemma</i> Documentary Discussion</p>	<p>17</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>18</p>
<p>21</p>	<p>22</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>23 24 25</p> <p>Happy Holidays!</p>		

FREE TAKE YOUR BREAK ACTIVITY BOOK

Our gift to you this holiday season! Sign up now to receive a free Take your Break Activity Book in the mail, including puzzles, colouring pages, wellness tips and resources. Limited quantities available, so register today!



#WellnessatUofG

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