

# DECEMBER 2021

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>December Wellness Challenge: Share your Winter Holiday Traditions</u></b></p>		<p><b>1</b> <a href="#">Guelph FHT: Intro to Mindfulness 2 Part Program</a></p> <p><a href="#">Building Emotional Agility as a Key to Thriving Through Change</a></p>	<p><b>2</b> <a href="#">Guelph FHT: Intro to Cognitive Behavioural Therapy – 3 Part Program</a></p> <p><a href="#">CMHA WW: Self Care during the Holidays</a></p> <p><a href="#">Mindfulness Drop-In Session hosted by UofG Counselling Services</a></p>	<p><b>3</b> <a href="#">Wellness Friday: The Art of Relaxation</a></p> <p><a href="#">Mood Routes</a></p>
<p><b>6</b> <a href="#">CMHA WW: The Benefits of Setting Boundaries</a></p> <p><a href="#">Get to know your campus Athletic Facilities</a></p>	<p><b>7</b> <a href="#">Free Classical Yoga</a></p>	<p><b>8</b> <a href="#">How to Adopt a Growth Mindset to Adapt to the Future Now</a></p>	<p><b>9</b> <a href="#">Free Classical Yoga</a></p> <p><a href="#">Mindfulness Drop-In Session hosted by UofG Counselling Services</a></p>	<p><b>10</b> <a href="#">Mood Routes</a></p>
<p><b>13</b> <a href="#">Blog Post: Healthy Workplace Month 2021 Highlights</a></p>	<p><b>14</b> Free Classical Yoga</p> <p><a href="#">RBC Financial Wellness Seminar - Financial Wellness and Budgets</a></p>	<p><b>15</b> <a href="#">CMHA WW: Family Education Series Effective Communication</a></p>	<p><b>16</b> <a href="#">Free Classical Yoga</a></p> <p><a href="#">Mindfulness Drop-In Session hosted by UofG Counselling Services</a></p>	<p><b>17</b> <a href="#">Wellness@Work Virtual Connect Program - Registration Deadline for January 2022</a></p>
<p><b>20</b></p>	<p><b>21</b> <a href="#">Free Classical Yoga</a></p>	<p><b>22</b></p>	<p><b>23</b> <a href="#">Free Classical Yoga</a></p> <p><a href="#">Guelph FHT Calming Strategies: Guided Imagery</a></p> <p><a href="#">Deadline for December “G” Thanks! Appreciation Nominations</a></p>	<p><b>24</b> <b><u>Holiday Closure Begins</u></b></p>