

FEBRUARY 2019

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Heart Month First Week Challenge to Quit Smoking Better Sleep Program begins (\$)
4 NEW Days- New Employee Welcome Walking Tour with Steve Nyman	5 Free Classical Yoga with Lalit BLOG POST: Keep your Heart Healthy	6 STOP Worrying Workshop (\$) Equity in Event Planning Speakers Panel	7 Recess League (\$) BLOG POST: Finding the Beauty in Winter	8 Wellness Friday: Helping your Child Succeed at School BLOG POST: How to Support Children who Identify as LGBTQ2+
11 Tour of U of G's Produce Facility and Bakeshop	12 RBC Financial Wellness Seminar: RRSP vs. TFSA Free Classical Yoga with Lalit	13 Wellness@Work Grant Program Overview with Q&A's Skillful Conflict Management for Leaders- Part 1	14 Valentine's Day Coaching and Communicating for Performance Recess League (\$)	15 Wellness Friday: Workplace Inspections Having Difficult Conversations for Staff
18 Family Day	19 GOAL 2.0 Core Practices Training for Leaders Free Classical Yoga with Lalit	20 Building Resilience- Letting Go and Moving Forward Garden Talk with Guest John Reinhart	21 Visual Journaling Workshop Recess League (\$) Take Your Break: Night Shift- Free beverage for employees	22 Take your Break- Free beverage for employees Wellness Friday: Foundations of Positive Parenting
25 National Eating Disorders Awareness Week BLOG POST: Understanding Eating Disorders Women's Mid-Life Sleep Workshop (\$)	26 GOAL 2.0 Core Practices Training for Leaders Free Classical Yoga with Lalit Anxiety: Skills and Strategies Program begins (\$)	27 "Have a Heart" Donation Drive GOAL 2.0 Master Class Series for Leaders	28 Coaching and Communicating for Performance- Part 2 Recess League (\$)	

#WellnessatUofG

Learn more and register online: <https://www.uoguelph.ca/wellnessatwork/>