

# FEBRUARY 2024

## Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Participate in Black History Month at U of G!</b> This year, the Guelph Black Students Association and Student Experience have planned 12 events around the theme of 360°; Health and Wellness.</p> <p>February is also heart and stroke month. <b>Participate in the Heart Healthy Challenge</b> and complete one activity a week that can support heart health.</p>			<p><b>1</b></p> <p><a href="#">Beyond the Books: Mental Health Literacy Training</a></p>	<p><b>2</b></p> <p><a href="#">U of G Resource Highlight: Working in Cold Weather</a></p>
<p><b>5</b></p> <p><a href="#">Virtual NEW Days</a></p> <p><a href="#">Get to know your Athletics Facilities (in-person)</a></p>	<p><b>6</b></p> <p><a href="#">Drop-In Blood Pressure Clinic (in-person)</a></p> <p><a href="#">Beyond the Books: Mental Health Literacy Training</a></p>	<p><b>7</b></p> <p><a href="#">Women, Work, &amp; Wellness Learning from Failure: Part Two (in-person)</a></p>	<p><b>8</b></p> <p><a href="#">safeTALK Suicide Prevention Training (in-person)</a></p>	<p><b>9</b></p> <p><a href="#">Hibernate: A virtual, creative workshop on caring for our mental health in winter</a></p> <p><a href="#">safeTALK Suicide Prevention Training (in-person)</a></p> <p><a href="#">Compassionate Care Circle (Animal Care and Use Community) (in-person)</a></p>
<p><b>12</b></p>	<p><b>13</b></p> <p><a href="#">Equity Essentials - Call it out? Identifying and Responding to Microaggressions</a></p> <p><a href="#">Conducting Workplace Inspections (in-person)</a></p>	<p><b>14</b></p> <p><a href="#">Priority and Workload Management for Staff</a></p>	<p><b>15</b></p> <p><a href="#">U of G on Tour: Ontario Veterinary College Complex (in-person)</a></p> <p><a href="#">Drop-In Blood Pressure Clinic (in-person)</a></p> <p><a href="#">Free Drop-In Recreational Skating (in-person)</a></p>	<p><b>16</b></p> <p><b>Wellness@Work Comprehensive Survey Close</b></p> <p><a href="#">Wellness Friday: Calming Your Mind in Challenging Times</a></p> <p><a href="#">Free Drop-In Recreational Skating (in-person)</a></p>
<p><b>19</b></p> <p><b>Statutory Holiday: Family Day</b></p>	<p><b>20</b></p> <p><a href="#">Take Your Break: Free Hot Beverage for All Employees (in-person)</a></p>	<p><b>21</b></p> <p><a href="#">Drop-In Blood Pressure Clinic (in-person)</a></p> <p><a href="#">Standard First Aid, CPR "C" and AED training for staff (in-person)</a></p> <p><a href="#">Applied Suicide Intervention Skills Training (ASIST - Part 1) (in-person)</a></p>	<p><b>22</b></p> <p><a href="#">U of G on Tour: Meeting the animals that help us all (in-person)</a></p> <p><a href="#">safeTALK Suicide Prevention Training (in-person)</a></p> <p><a href="#">Applied Suicide Intervention Skills Training (ASIST - Part 2) (in-person)</a></p>	<p><b>23</b></p> <p><a href="#">Compassionate Care Circle (Animal Care and Use Community) (in-person)</a></p>
<p><b>26</b></p> <p><a href="#">Morning Mindful Moment</a></p>	<p><b>27</b></p> <p><a href="#">Exercises and Mobility Tips for Desk Workers (in-person)</a></p>	<p><b>28</b></p> <p><a href="#">Drop-In Blood Pressure Clinic (in-person)</a></p>	<p><b>29</b></p> <p><b>Nominate a colleague for the February "G" Thanks! Prize</b></p>	<p><b>Weekly Occurrences:</b></p> <ul style="list-style-type: none"> <li>Every Tues: <a href="#">Free In-Person Yoga</a></li> <li>Every Wed: <a href="#">Noon hour Walk in the Arboretum</a></li> <li>Every Thurs <a href="#">Free Online Yoga</a></li> </ul>