

FEBRUARY 2021

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h2 style="color: red;">Join the 28 Day Gratitude Challenge</h2> 				
<p>1</p> <p>Movement Monday: Join a 30-minute light, low impact movement and stretch break.</p>	<p>2</p> <p>Coping with Increased Hours Online Workshop</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>3</p> <p>MindWell Webinar: Train (your brain) Like an Olympian</p> <p>Teamwork: Taking Teamwork to the Next Level</p> <p>Mood Moves</p>	<p>4</p> <p>Classical Yoga for Total Health and Awareness</p> <p>Explore Wellness Resources to Help you Navigate Uncertain Times</p>	<p>5</p> <p>Nominate a Colleague for the February "G" Thanks! Prize</p>
<p>8</p> <p>Movement Monday: Join a 30-minute light, low impact movement and stretch break.</p>	<p>9</p> <p>RBC Seminar: Principles of Successful Investing</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>10</p> <p>Parenting and Social Media Discussion </p> <p>Mood Moves</p>	<p>11</p> <p>Personal Leadership at Work- Part 1</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>12</p> <p>Wellness Friday: Foundations of Positive Parenting</p>
<p>15</p> <p>Family Day</p>	<p>16</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>17</p> <p>The Impact of Diversity, Inclusion and Equity on Well-being at Work</p> <p>Mood Moves</p>	<p>18</p> <p>How to be at your Best in Times of Crises</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>19</p> <p>Take your Lunch Break: Virtual Baking Session </p>
<p>22</p> <p>Movement Monday: Join a 30-minute light, low impact movement and stretch break.</p>	<p>23</p> <p>Transitioning from Employee to Manager- Part 1</p> <p>Better Sleep Workshop for Peri-Menopausal Women (\$)</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>24</p> <p>COVID-19: What's New with Dr. Andrew Papadopoulos</p> <p>Mood Moves</p>	<p>25</p> <p>Stress Eating (\$)</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>26</p> <p>Wellness Friday: Helping your Child Succeed at School</p>

#WellnessatUofG

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