

FEBRUARY 2022

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Wellness Grant Program Applications Open</p> <p>Free Classical Yoga</p> <p>Acknowledging Indigenous Lands</p> <p>Beyond the Books Mental Health Literacy Training</p>	<p>2 Exploring and Addressing Stereotypes to Help Build a Respectful and Inclusive Environment</p> <p>LivingWorks START Online Suicide Prevention Training</p>	<p>3 Free Classical Yoga</p> <p>Mindfulness Drop-In Session hosted by UofG counselling Services</p> <p>Sleep Eating: Learning how stress drives us to emotional eating and ways to start addressing it. (\$)</p> <p>LivingWorks START Online Suicide Prevention Training</p> <p>UofG Women, Work and Wellness: Naming our Emotions</p>	<p>4</p>
<p>7</p> <p>Morning Mindful Moment</p> <p>Wellness Grant Program Information Session</p>	<p>8</p> <p>Free Classical Yoga</p> <p>RBC Employee Financial Wellness Seminar - Principles of Successful Investing</p>	<p>9</p> <p>Mental Fitness for Energy Enhancement</p>	<p>10</p> <p>Free Classical Yoga</p> <p>Mindfulness Drop-In Session hosted by UofG counselling Services</p>	<p>11</p> <p>UofG Plant Talks Presents: The Ontario Feral and Heritage Apple Project</p>
<p>14</p> <p>Morning Mindful Moment</p>	<p>15</p> <p>Free Classical Yoga</p> <p>Women's Mid-Life Sleep Workshop (\$)</p>	<p>16</p>	<p>17</p> <p>Free Classical Yoga</p> <p>Mindfulness Drop-In Session hosted by UofG counselling Services</p>	<p>18</p>
<p>21</p> <p>Family Day</p>	<p>22</p> <p>Free Classical Yoga</p>	<p>23</p>	<p>24</p> <p>Free Classical Yoga</p> <p>Mindfulness Drop-In Session hosted by UofG counselling Services</p>	<p>25</p> <p>UofG Plant Talks Presents: Guelph Centre for Urban Organic Farming</p>
<p>28</p> <p>Rebuilding the Inner Fire: A Creative Workshop on Tending to Burnout</p> <p>Morning Mindful Moment</p> <p>Deadline for February "G" Thanks! Appreciation Nominations</p>	<p>February Wellness Challenge: 28 Day Gratitude Challenge</p>			