


FEBRUARY 2023

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Black History Month</p> <p>February is also heart and stroke month. Participate in the Heart Healthy BINGO Challenge to begin making sustainable changes that can support in building a healthy lifestyle.</p>		1	2	3 U of G Resource Highlight: Working in Cold Weather
6 Virtual NEW Days Get to Know Your Campus Athletics Facilities (in-person) Morning Mindful Moments (virtual session)	7 Mental Health Resource Fair (in-person)	8 COVID-19: What's New with Dr. Andrew Papadopoulos (virtual session)	9 Equity Essentials- Call it out? Identifying and Responding to Microaggressions (virtual session)	10 Wellness Resource for the Black, Indigenous and People of Colour Community
13 Movement Monday: 15-Minute Chair Yoga Morning Mindful Moments (virtual session)	14 Guided Winter Walk in the Arboretum (in-person)	15	16 Blog Post: Over 600 Blood Donations through U of G's Partners for Life team in 2022! New goal set!	17 Wellness Friday Cholesterol: Eating to Reduce your Risk (virtual session)
20 FAMILY DAY (STAT)	21 Take Your Break: Free Hot Beverage for All Employees (in-person)	22 Podcast Spotlight: Fostering Positive Body Image at Home for Parents and Children	23 Free Drop-In Recreational Skating (in-person) Equity Essentials- Intersectional Allyship (virtual session)	24 Homewood Health EFAP Resource: Learning about Eating Disorders
27 Morning Mindful Moments (virtual session)	28	<p>Nominate a colleague for the February "G" Thanks! Prize</p> <p>Weekly Occurrences: </p> <ul style="list-style-type: none"> • Every Tues: Free In-Person Yoga • Every Wed: Noon hour Walk in the Arboretum 		

