

# FEBRUARY 2026

## Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <a href="#"><u>Virtual NEW Days</u></a> <a href="#"><u>Equity Essentials – Call it out? Identifying and Responding to Microaggressions</u></a>	3 <a href="#"><u></u></a>	4 <a href="#"><u></u></a>	5 <a href="#"><u></u></a>	6 <a href="#"><u>Building Working Relationships</u></a>
9 <a href="#"><u></u></a>	10 <a href="#"><u>Beyond Digestion: Fibre's Role in Energy, Focus &amp; Metabolic Health</u></a>	11 <a href="#"><u></u></a>	12 <a href="#"><u></u></a>	13 <a href="#"><u></u></a>
16 <b>Family Day</b>	17 <a href="#"><u>Take Your Break: Free Hot Beverage for All Employees</u></a> <a href="#"><u>RBC Lunch and Learn: Key Considerations for Retirement Transition and Planning and RRSPs</u></a>	18 <a href="#"><u></u></a>	19 <a href="#"><u></u></a>	20 <a href="#"><u>Wellness Friday: Social Media: The Impact on Mental Health</u></a>
23 <a href="#"><u>Human Rights and You: Addressing Discrimination and Harassment</u></a>	24 <a href="#"><u>Building Emotional Awareness</u></a> <a href="#"><u>Applied Suicide Intervention Skills Training (ASIST) Day 1</u></a>	25 <a href="#"><u>Leading with Psychological Safety to Foster Supportive Workplaces</u></a> <a href="#"><u>Applied Suicide Intervention Skills Training (ASIST) Day 2</u></a>	26 <a href="#"><u>SafeTalk Suicide Prevention Training</u></a>	27 <a href="#"><u></u></a>
 <b>Wellness@Work</b>				

Learn more and register online: [uoguelph.ca/wellnessatwork/](http://uoguelph.ca/wellnessatwork/)