

FEBRUARY 2026

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>Virtual NEW Days</div> <div>Equity Essentials – Call it out? Identifying and Responding to Microaggressions</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div> <div>Building Working Relationships</div>
<div>9</div>	<div>10</div> <div>Beyond Digestion: Fibre’s Role in Energy, Focus & Metabolic Health</div>	<div>11</div>	<div>12</div>	<div>13</div>
<div>16</div> <div>Family Day</div>	<div>17</div> <div>Take Your Break: Free Hot Beverage for All Employees</div> <div>RBC Lunch and Learn: Key Considerations for Retirement Transition and Planning and RRSPs</div>	<div>18</div>	<div>19</div>	<div>20</div> <div>Wellness Friday: Social Media: The Impact on Mental Health</div>
<div>23</div> <div>Human Rights and You: Addressing Discrimination and Harassment</div>	<div>24</div> <div>Building Emotional Awareness</div> <div>Applied Suicide Intervention Skills Training (ASIST) Day 1</div>	<div>25</div> <div>Leading with Psychological Safety to Foster Supportive Workplaces</div> <div>Applied Suicide Intervention Skills Training (ASIST) Day 2</div>	<div>26</div> <div>SafeTalk Suicide Prevention Training</div>	<div>27</div>
<div>The logo for Wellness@Work features a stylized human figure composed of three overlapping, curved segments in red, yellow, and blue, with a black dot for a head. To the right of the graphic, the word "Wellness" is in black and "@Work" is in red.</div>				

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