

# February Friendship Fridays

Bring out a team for  
faculty and staff TRIVIA  
NIGHT at Brass Taps



Grab a free hot beverage  
with colleagues on Take  
your Break day



Drop-in for the "Cinq à  
Sept" Staff & Faculty Social  
each Friday afternoon



Learn more about the  
foundations of positive  
parenting on Wellness  
Fridays



Take a tour  
behind-the-scenes at Zavitz  
Hall and learn more about  
SOFAM



Join these  
activities to  
connect with  
your  
colleagues

Participate in a creative  
workshop called  
Strengthening Sunlight and  
Self-Love



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