Healthy Workplace Month Programming Highlights
October 2021

University of Guelph
Wellness @Work
- Promoted 50 virtual wellness events
- Encouraged Participation in 2 contests
- Provided Take Your Break Hot Beverage Vouchers for all staff
Campus Mile: Healthy Workplace Month Launch Event

- 85 staff registered
- 48 posts on the Campus Mile Kudoboard
- 32 views on the Welcome and Warm-Up video
Campus Mile Winners

Mark Colvin

Jayne Whitefield

Angela Guerra
Move Better. Feel Stronger.
Athletics Challenge

• 41 participants signed up for the challenge

• In total 102 workouts were completed throughout October
Fall Watercolour 3-Part Painting Series

56 Registrants

15 Supply Packages Provides

3 Hours of Painting Completed

168 Paintings Completed
“I liked the introductory nature and that you didn’t have to be familiar with this art form. I also really liked the emphasis on wellness through art in general!”

“For one hour, I was able to put aside all thinking about work, which has tended to be more present than usual these days. The feeling of accomplishment was very beneficial, as was the feeling of using a different part of my brain and being on the receiving end of someone else’s course planning, teaching and expertise. It was also great to share a virtual space with a group of people who share a common interest in watercolour for an hour, instead of always only connecting on screen with folks somehow related to my job responsibilities (just for a change of pace). Every time I look at the little pictures that I made, I smile and that’s worth a lot in terms of my wellness.”
Take Your Break: Free Hot Beverage Voucher

972
REGISTRANTS

21
NIGHT SHIFT STAFF ATTENDED AN IN-PERSON COFFEE BOOTH

14
TIM HORTON’S GIFT CARDS PROVIDED TO RIDGETOWN OR RESEARCH STATION STAFF

937
VOUCHERS PROVIDED TO MAIN CAMPUS STAFF
### Other Wellness@Work Event Highlights

<table>
<thead>
<tr>
<th>Session Title</th>
<th>Number of Participants</th>
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<tbody>
<tr>
<td>Exhale and Enjoy: GREAT at UofG Presents Live Virtual Concert with Danny Michel</td>
<td>107</td>
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<tr>
<td>Understanding our Values to Guide Our Actions</td>
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<tr>
<td>Virtual Bake Along: Take your Lunch Break</td>
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“The facilitator was very warm and relatable. It has because her workshop offered some guidance that I was needing at this time. This advice is helping me put something in perspective that I have been struggling with over the last few months.”

“Very relaxed and practical. Even though it was online, it felt less so because we were "in the kitchen" with the baker.”
Thank you for celebrating Healthy Workplace Month with us!

Have an idea or want to connect? Email: wellnessatwork@uoguelph.ca