### OCTOBER IS VIRTUAL HEALTHY WORKPLACE MONTH

**OCTOBER 2020**

**#WellnessatUofG**

**Wellness Challenges Run October 1 - 30**
- **Fall Foliage Photo Contest**
- **GryphFit Physical Activity Challenge**

#### MONDAY

- **Mental Illness Awareness Week and Fire Prevention Week**
  - Mindful Monday Tip
  - Noon Hour Trivia

- **Indigenous Awareness Week at U of G and Waste Reduction Week**
  - Mindful Monday Tip
  - Tapping into the Power of Appreciation and Recognition During Covid-19 and Beyond

#### TUESDAY

- **Virtual Wellness Fair**
  - Classical Yoga for Total Health and Awareness

#### WEDNESDAY

- **Plan for Resilience Workshop**
  - Transforming Power, Prejudice and Privilege: Building Equitable Diverse and Inclusive Organizations

#### THURSDAY

- **Morning Outlook**
  - Mindfulness Everyday: A Mini-Mindfulness Retreat
  - Support U of G's United Way Campaign

- **Podcast Club Chat: The Happiness Lab**
  - Classical Yoga for Total Health and Awareness
  - Challenging Barriers to Equity: De-Brief Session

#### FRIDAY

- **Wellness Friday: Establishing Work/Life Harmony**
  - Mood Routes Walk

- **Coffee Connections: Gardening and Plants**
  - Mood Routes Walk

- **Coffee Connections: Home Decorating and Renovations**
  - Wellness Friday: The Fundamentals of Change and Transition
  - Mood Routes Walk

#### SATURDAY

- **Virtual Wellness Fair**
  - Classical Yoga for Total Health and Awareness

#### SUNDAY

- **LivingWorks Start Training De-Brief (pre-work required)**
  - STOP Worrying ($)