



HOMEWOOD HEALTH & WELLNESS@WORK PRESENT

VIRTUAL WELLNESS FRIDAY SESSIONS

Forgiveness: Letting Go and Moving Forward

April 9, 2021 12:00 p.m. to 1:00 p.m.

The Science of Happiness

April 30, 2021 12:00 p.m. to 1:00 p.m.

Register on the Learning & Development website:

<https://www.uoguelph.ca/learningmatters/eventreg/calendar/2021/04/all>

A meeting link will be sent to registered participants prior to the session.



HUMAN RESOURCES



**Wellness
@Work**