

JANUARY 2019

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2 BLOG POST: Welcome back! Read 5 strategies to reach your 2019 wellness goals on the Wellness@Work website.	3	4 BLOG POST: Learn more about the science of connection, compassion and happiness with the January Happiness Calendar from the Greater Good Science Center.
7 BLOG POST: Learn more about re-energizing yourself for the New Year from Homewood Health's newsletter.	8 Free Classical Yoga with Lalit	9	10 BLOG POST: When the Next Celebration Isn't Just Around the Corner: How to combat your post-holiday depression.	11 The Journey to Wellness: One Step at a Time
14	15 RBC Path to Financial Wellness: Financial Health to Financial Wealth Free Classical Yoga with Lalit	16	17 SafeTALK Positive Thinking for Vitality at Work	18 Mental Health First Aid- Day One Last Day to Comment on the Draft Tobacco- and Smoke-Free Policy
21 National Non-Smoking Week – Stop by the UC Courtyard to get your free support kit Leading for Well-being Retreat- Day One “Blue Monday” – View mental health and wellness resources on the Wellness@Work website.	22 National Non-Smoking Week Leading for Well-being Retreat- Day Two Free Classical Yoga with Lalit	23 National Non-Smoking Week	24 National Non-Smoking Week Grow Through Change	25 National Non-Smoking Week Mental Health First Aid- Day Two Wellness Friday: Healthy Sleep Habits
28 BLOG POST: Learn how to prevent common injuries during your winter activities on the Wellness@Work website.	29 Having Difficult Conversations for Leaders Move 4 Mental Health Event Free Classical Yoga with Lalit	30 Bell Let's Talk Day No Bull, Just Lunch at the Bullring	31	