

JANUARY 2021

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Join the 31 Day January Wellness Challenge with small tips to enhance your wellbeing each day!</p> 				<p>1</p> <p>DRY JANUARY: Consider participating in Dry January to take a break from alcohol use this month</p>
<p>4</p>	<p>5</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>6</p> <p>HOMEWOOD HEALTH BLOG ARTICLE: Overcoming Financial Fatigue and Concern</p>	<p>7</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>8</p> <p>Wellness Friday: The Journey to Wellness: One Step at a Time</p>
<p>11</p> <p>INTERNATIONAL THANK-YOU DAY: Explore the GREAT at U of G resources and tools</p>	<p>12</p> <p>RBC Financial Wellness Seminar: Principles of Successful Investing</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>13</p>	<p>14</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>15</p>
<p>18</p> <p>NATIONAL NON-SMOKING WEEK: View smoking cessation resources to cope, quit or be there for a friend</p>	<p>19</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>20</p> <p>COVID-19: What's New with Dr. Andrew Papadopoulos</p> <p>Mood Moves</p>	<p>21</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>22</p> <p>Wellness Friday: Psychological Hygiene</p>
<p>25</p>	<p>26</p> <p>Positive Thinking for Vitality at Work</p> <p>Classical Yoga for Total Health and Awareness</p>	<p>27</p> <p>Tapping into the Power of Employee Appreciation and Recognition During COVID-19</p> <p>Mood Moves</p>	<p>28</p>  <p>U of G, Let's Talk featuring Dr. Joti Samra</p> <p>Mental Health Training Sessions:</p> <ul style="list-style-type: none"> • Beyond the Books • LivingWorks Start 	<p>29</p> <p>The Shine Cast Podcast - Episode 1</p>