

JULY 2019

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Canada Day</p>	<p>2</p> <p>Water You Drinking? Challenge starts</p> <p>Free Classical Yoga with Lalit</p>	<p>3</p> <p>Wednesday Walks at the Arboretum</p> <p>VIDEO POST: Summer Fresh Flowers 📺</p>	<p>4</p> <p>ON TOUR @ U of G Sustainability Series: Hospitality Kitchen Tour & Talk</p> <p>Recess League</p>	<p>5</p> <p>BLOG POST: Canada's New Food Guide: Make Water your Drink of Choice</p>
<p>8</p> <p>BLOG POST: Healthy Habits: Positive Influences on Mental Health and Addiction</p>	<p>9</p> <p>Free Classical Yoga with Lalit</p>	<p>10</p> <p>WEBINAR: Mental Edge: Mindful for Peak Performance 📺</p> <p>Wednesday Walks at the Arboretum</p>	<p>11</p> <p>ON TOUR @ U of G Sustainability Series: Honey Bee Research Centre</p> <p>Recess League</p>	<p>12</p> <p>BLOG POST: Creating a Bee-Friendly Garden</p>
<p>15</p>	<p>16</p> <p>Drowning Prevention Month: What does drowning look like?</p> <p>Free Classical Yoga with Lalit</p>	<p>17</p> <p>Wednesday Walks at the Arboretum</p> <p>Intro to Plant-based Living: How to Eat and Thrive on a Vegan Diet</p>	<p>18</p> <p>ON TOUR @ U of G Sustainability Series: Creating a Sustainable U of G</p> <p>Recess League</p> <p>Boosting your Mental Health for Healthy and Happy Living</p>	<p>19</p> <p>BLOG POST: Recycling: How to Sort on Campus</p>
<p>22</p> <p>BLOG POST: Cultivating Self-Care- A Starter Kit</p>	<p>23</p> <p>Channeling the Inner Best Friend: A Creative Self-Compassion Workshop</p> <p>Free Classical Yoga with Lalit</p>	<p>24</p> <p>Wednesday Walks at the Arboretum</p> <p>International Self-Care Day: Self-Care and the Brain Workshop</p> <p>The Science of Stress</p>	<p>25</p> <p>ON TOUR @ U of G Sustainability Series: Guelph Centre for Urban Organic Farming</p> <p>Recess League</p>	<p>26</p> <p>BLOG POST: Composting 101</p>
<p>29</p> <p>Write a Letter to a Friend</p> <p>BLOG POST: 5 Ways to Make More Time for Friends</p>	<p>30</p> <p>World Friendship Day: Fitness with a Friend at the Athletics Centre</p> <p>Free Classical Yoga with Lalit</p>	<p>31</p> <p>Wednesday Walks at the Arboretum</p> <p>Water Your Drinking? Challenge ends</p>		

#WellnessatUofG

Learn more and register online: <https://www.uoguelph.ca/wellnessatwork/>