

# JUNE 2019

## Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MAY 27</p> <p><b>Bike to Work Day</b></p> <p><b>Anxiety Skills and Strategies Series (\$)</b></p> <p>Provide your feedback on draft Wellness@Work strategic plan</p>	<p>28</p> <p><b>RBC Lunch n' Learn: Supporting your Aging Loved Ones</b></p> <p>Free Classical Yoga with Lalit</p> <p><b>Better Sleep Program Series (\$)</b></p>	<p>29</p> <p><b>Smoke-Free Campus Info Session for Leaders</b></p> <p>Wednesday Walks at the Arboretum</p>	<p>30</p> <p><b>Women, Wellness and Work: Listening to your Body</b></p> <p>Recess League</p>	<p>31</p> <p><b>Smoke-Free Campus Launch Event: Fresh air celebration!</b></p> <ul style="list-style-type: none"> <li>• Yoga on the Green</li> <li>• Campus Walking Tour</li> </ul> <p><b>Wellness Friday: Building Resilience</b> 🗓️</p> <p><b>PRIDE MONTH: Pride Flag Raising</b></p>
<p>JUNE 3</p> <p><b>Spring Snaps Challenge starts</b></p> <p><b>Anxiety Skills and Strategies Series (\$)</b></p>	<p>4</p> <p>Free Classical Yoga with Lalit</p> <p><b>Better Sleep Program Series (\$)</b></p>	<p>5</p> <p><b>World Environment Day: Wednesday Walks at the Arboretum</b></p> <p><b>Webinar: Are you Mindful of your Unconscious Bias?</b> 🗓️</p> <p><b>Building Leadership Effectiveness</b></p>	<p>6</p> <p><b>Building Leadership Effectiveness-Day 2</b></p> <p>Recess League</p>	<p>7</p> <p><b>INTERNATIONAL MEN'S HEALTH MONTH</b></p> <p><b>BLOG POST: Men's Health: Five Things Every Man Should Know</b></p> <p><b>BLOG POST: Men's Mental Health</b></p>
<p>10</p> <p><b>Anxiety Skills and Strategies Series (\$)</b></p>	<p>11</p> <p>Deadline to provide feedback on draft Wellness@Work strategic plan</p> <p>Free Classical Yoga with Lalit</p> <p><b>Better Sleep Program Series (\$)</b></p>	<p>12</p> <p><b>Garden Gander Walk</b></p> <p>Wednesday Walks at the Arboretum</p> <p><b>Grow Through Change- Part 1</b></p>	<p>13</p> <p>Recess League</p> <p><b>BIKE MONTH: Spring DIY Time: Tune up your Bike</b></p>	<p>14</p> <p><b>Representation in the Queer Community – Academic Talk</b></p> <p><b>BLOG POST: View the contest winners from April and May</b></p>
<p>17</p> <p><b>VIDEO POST: Watch the Be Well, Be Safe Kick-off Event Keynote</b> 🗓️</p>	<p>18</p> <p>Free Classical Yoga with Lalit</p> <p><b>Better Sleep Program Series (\$)</b></p>	<p>19</p> <p><b>Gaining Control of your Pain</b></p> <p>Wednesday Walks at the Arboretum</p>	<p>20</p> <p>Recess League</p> <p><b>Women, Wellness and Work: Using your Strengths for Success</b></p> <p><b>Savoury Summer Vegan BBQ Class at Goodness Me! (\$)</b></p>	<p>21</p> <p><b>National Indigenous Peoples Day</b></p> <p><b>First day of summer!</b> ☀️</p> <p><b>Spring Snaps Challenge closes</b></p>
<p>24</p> <p><b>BLOG POST: Focus on Fibre</b></p>	<p>25</p> <p>Free Classical Yoga with Lalit</p> <p><b>Better Sleep Program Series (\$)</b></p>	<p>26</p> <p><b>Grow Through Change- Part 2</b></p> <p>Wednesday Walks at the Arboretum</p>	<p>27</p> <p>Recess League</p>	<p>28</p> <p><b>BLOG POST: Vacation: Relax, Refresh and Reconnect</b></p>

#WellnessatUofG

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