


# JANUARY 2021

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 <a href="#">Free Classical Yoga</a>	5	6 <a href="#">Free Classical Yoga</a> <a href="#">Mindfulness Drop-In Session hosted by UofG counselling Services</a>	7 <a href="#">Gryphon Fitness Friday: At home on-demand workout</a>
10 <a href="#">Get to know your campus Athletic Facilities</a>	11 <b>INTERNATIONAL THANK-YOU DAY:</b> <a href="#">Explore the GREAT at U of G resources and tools</a> <a href="#">Free Classical Yoga</a>	12	13 <a href="#">Free Classical Yoga</a> <a href="#">Mindfulness Drop-In Session hosted by UofG counselling Services</a>	14 <a href="#">Gryphon Fitness Friday: At home on-demand workout</a>
17 <b>NATIONAL NON-SMOKING WEEK:</b> <a href="#">View smoking cessation resources to cope, quit or be there for a friend</a>	18 <a href="#">Free Classical Yoga</a> <a href="#">Everybody has to eat, but not everybody should give nutrition advice: Debunking nutrition myths</a>	19 <a href="#">COVID-19: What's New with Dr. Andrew Papadopoulos</a>	20 <a href="#">Free Classical Yoga</a> <a href="#">Mindfulness Drop-In Session hosted by UofG counselling Services</a>	21 <a href="#">Gryphon Fitness Friday: At home on-demand workout</a>
24	25 <a href="#">Free Classical Yoga</a> <a href="#">Positive Thinking for Vitality at Work</a>	26  <a href="#">U of G, Let's Talk</a> <a href="#">Gryphon's Double-Header Basketball</a>	27 <a href="#">Free Classical Yoga</a> <a href="#">Mindfulness Drop-In Session hosted by UofG counselling Services</a>	28 <a href="#">Gryphon Fitness Friday: At home on-demand workout</a>
31 <a href="#">Deadline for January "G" Thanks! Appreciation Nominations</a>	<b>January Wellness Challenge: <u>Consistent Effort Yields Results, Step Challenge</u></b> 