

JANUARY 2023

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 See why Wellness@Work is not coordinating any programming for the first week of January. Blog Post: Wellness@Work Programming Schedule for 2023 is announced!	4	5	6
9 Get to know your Athletics Facilities (in-person tour)	10 U of G Resource Highlight: Walk Like a Penguin. Preventing Slips, Trips and Falls this Winter.	11 International Thank You Day: Explore the GREAT at U of G resources and tools	12	13 Hibernate: A virtual, creative workshop on caring for our mental health in winter (virtual session)
16 Explore a map of the Guelph tobacco- and smoke-free campus.	17 Ambiguous Grief: recognizing and acknowledging losses that are hard to define (virtual session)	18 Tobacco- and Smoke- Free U of G Guide for Leaders	19 HPC Physical Well-being Series: Safely and Sustainably Increase Your Activity Levels (virtual session)	20 Smoking Cessation Resources for Indigenous Community members
National Non-Smoking Week - View smoking cessation resources to cope, quit or be there for a friend				
23	24	25	26 Women, Work and Wellness. The No Club: Putting a stop to women's dead-end work (in-person event)	27 HPC Physical Well-being Series: Increase Healthy Eating Habits and Learn how Nutrition Impacts your Mental Health (virtual session)
30	31 Acknowledging Indigenous Lands (in-person event)	<p>NRG Fitness Members can participate in U of G Athletics' BINGO card challenge. BINGO Cards can be found in Athletics studio rooms and in the Guelph Gryphon's Fitness Centre.</p> <p>Nominate a Colleague for the January "G" Thanks! Program Noon Hour Arboretum Wednesday Walks View the Winter 2023 U of G Yoga and Meditation Collective's Programming Schedule</p> 		