

JANUARY 2024

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January Wellness Challenge: Share how you engage in physical activity this January by posting on Move for Your Mood Kudoboard to enter to win 1 of 5 \$10 Hospitality gift Cards!		3 U of G Physical Well-being Resource Highlight: Walk Like a Penguin. Preventing Slips, Trips and Falls this Winter.	4	5 U of G Mental Well-being Resource Highlight: A Guide for Staff & Faculty - Steps to Supporting a Colleagues in Distress
8 Get to know your Athletics & Recreation Facilities (in-person)	9	10 U of G Free Store: Donate and Attend Winter Pop-Up	11 International Thank You Day: Nominate a Colleague for the “G” Thanks! Prize to win 2 Starbucks vouchers. One for you and one to treat a colleague you appreciate.	12
15	16	17 Building a Sustainable and Evidence-Based Exercise Routine	18 U of G Yoga Collective Workshop Awakening the Body’s Wisdom for Complete Health and Well-Being (in-person)	19
22 Explore a map of the Guelph tobacco- and smoke-free campus.	23 Bovey Green House/Tropical Greenhouse Tour (in-person) Mawadisidiwaq They Visit Each Other	24 U of G Free Store: Donate and Attend Winter Pop-Up	25 Regulating Your Emotions During Times of Change, Conflict or Stress - Insights and Tools	26 Free Drop-In Recreational Skating (in-person) Wellness Friday: A journey to wellness one step at a time
National Non-Smoking Week - View smoking cessation resources to cope, quit or be there for a friend				
29	30	31 U of G Free Store: Donate and Attend Winter Pop-Up	Weekly Occurrences: <ul style="list-style-type: none"> • Every Tues: Free In-Person Yoga • Every Wed: Noon hour Walk in the Arboretum • Every Thurs Free Online Yoga • Most Thurs: U of G Food Market 	

#WellnessatUofG

Learn more and register online: uoguelph.ca/wellnessatwork/