

JANUARY 2026

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 NEW YEARS	2
5	6 Resource Highlight: Access your Employee Family Assistance Program	7	8	9
12 Human Rights and You: Addressing Discrimination and Harassment on Campus U of G on Tour: Get to know your campus Athletics & Recreation Facilities!	13 Ask the Dietitian - Individual Consultations	14	15	16
19 Refill Your Cup: Practical Strategies for Energy and Well-Being	20 RBC Lunch and Learn: Creating a Budget that Works for You	21	22 Be Ready with Naloxone: Stigma-Free Substance Use Support	23 Wellness Friday: How to Create and Maintain Healthy Habits
26 Leading at the U: New Manager Orientation	27	28 Art on Campus: Tour of the winter exhibition season at the Art Gallery of Guelph	29 Mental Health First Aid – Certification Day 1	30 Mental Health First Aid – Certification Day 2

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