



# JULY 2021

## Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Canada Day	2 Mood Routes Sun Safety Reminders 
5 CMHA Webinar: Coping with Isolation and Loneliness	6 Classical Yoga CMHA Webinar: Building Resilience	7 Meaning & Purpose: You Matter Workshop MindWell Webinar: Improving Communications	8 Managing Expectations and Triaging Change Classical Yoga	9 Mood Routes
12 The Body Project	13 Classical Yoga	14 The Body Project	15 Creating Psychological Safety on your Team- Podcast Series for Leaders Managing Expectations and Triaging Change Classical Yoga	16 Mood Routes
19 CMHA Webinar: The Benefits of Setting Boundaries	20 Discomfort is the Price of Admission to a Meaningful Life- Podcast Series for Employees Classical Yoga	21 Backyard Pool Maintenance & Safety - Are You Water Wise? 	22 CMHA Webinar: Understanding Mental Health Classical Yoga	23 CMHA Webinar: Challenge Negative Thinking Mood Routes 24 International Self-Care Day: Create your own self-care plan
26 CMHA Webinar: Managing Stress	27 Classical Yoga	28 CMHA Webinar: Physical Health for Mental Health	29 Classical Yoga	30 World Friendship Day: Try a Friendship Friday challenge Mood Routes