



# JUNE 2022

## Wellness@Work Calendar



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
| <p>June is Pride Month &amp; National Indigenous History Month</p> <p><b>Weekly Occurrences:</b>  </p> <p>• Tues &amp; Thurs: <a href="#">Classical Yoga</a></p> |  | <p>1</p> <p><b><u>Pride Flag Raising</u></b></p>                       | <p>2</p>  | <p>3</p> <p><b><u>Complete DHR's online Positive Space Training</u></b></p>   |
| <p>6</p> <p><a href="#">Get to know your campus Athletic Facilities</a></p>  | <p>7</p> <p><b>U of G Annual Yoga Speaker Series.</b> <a href="#">Trauma, Yoga and Sensory Repair: Exploring the neurobiology of chronic trauma experiences and interception in healing.</a></p> | <p>8</p> <p><a href="#">Hands-on Seed Paper Creation Workshop</a></p>  | <p>9</p>  | <p>10</p> <p><b>Language Matters!</b> <a href="#">Read the U of G Indigenous Terminology guide.</a></p>             |
| <p>13</p>  | <p>14</p>  | <p>15</p> <p>Hands-on Seed Paper Creation Workshop Rain Date</p>       | <p>16</p> <p><a href="#">Virtual Constellation "Walk" with the Arboretum (\$)</a></p> | <p>17</p> <p><a href="#">Library Pride Month Collection: Queer Bodies</a></p>                                       |
| <p>20</p> <p><b>Wellness@Work Pulse Survey Closes at 9:00am.</b><br/><a href="#">Make sure to share your perspective!</a></p>  | <p>21</p> <p><b>National Indigenous People's Day</b><br/><a href="#">Learn more about U of G's Indigenous Initiatives</a></p>  | <p>22</p>  | <p>23</p> <p><a href="#">U of G On Tour: Honey Bee Research Centre</a></p>            | <p>24</p> <p><a href="#">Library Featured Online Collection: Exploring Indigenous Narratives and Worldviews</a></p> |
| <p>27</p>  | <p>28</p>  | <p>29</p> <p><a href="#">View Be Well, Be Safe Week highlights</a></p> | <p>30</p>   |   |