

MARCH 2019

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 NUTRITION MONTH March Meditation Session Meditation Challenge begins First Week Challenge to Quit Smoking begins
4 Healthy Recipe Contest launches Intro to LinkedIn Learning BLOG POST: Meetings on the Move	5 SunLife: Creating your Financial Roadmap Free Classical Yoga with Lalit GOAL 2.0 Core Practices Training for Leaders	6 Walking Wednesday on the Track Decreasing Headaches Program starts (\$) Intro to Plant-Based Living: How to Eat & Thrive on a Vegan Diet	7 Wellness@Work Grant Program Overview and Q&A's Return to Life After a Concussion Expert Panel BLOG POST: Women's Mental Health	8 International Women's Day Breakfast Your Brain @ Work Lecture Wellness Friday: Building Working Relationships
11 BLOG POST: Meatless Monday Inspiration BLOG POST: Work Out Nutrition	12 SunLife: Investment Planning Free Classical Yoga with Lalit Anxiety: Skills and Strategies (\$) Bowl for Kids Sake (\$)	13 Walking Wednesday on the Track Beyond the Books- Mental Health Training BLOG POST: Eating Healthier Tips	14 BLOG POST: Dieticians of Canada Fact Sheets and Recipes Stress Free Meal Planning for Busy People	15 BLOG POST: Canada's new Food Guide BLOG POST: Antioxidants: What's the real deal?
18 BLOG POST: Recipes from the Health and Performance Centre VIDEO POST: Learn to Cook Pasta Primavera with a U of G Chef	19 SunLife: Plan for a Healthy Financial Future Free Classical Yoga with Lalit	20 World Happiness Day- Share your Gratitude Activity Walking Wednesday on the Track Power Hour: Winter Comfort Food	21 Nourish: A Self-Compassion Workshop	22 Wellness Friday: Improving Workplace Communications BLOG POST: Win the Battle of Night Time Snacking
25 Tour of Creelman Bake Shop and Produce Facility	26 RBC: Investing in Real Estate Free Classical Yoga with Lalit	27 Being While Doing: Contemplating Mindfulness at Work Webinar	28 BLOG POST: Q & A with Employee on EFAP's Nutritional Coaching Program	29 Healthy Recipe Contest closes Deadline for Wellness@Work Grant applications

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Learn more and register online: <https://www.uoguelph.ca/wellnessatwork/>