

MARCH 2020

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Nutrition Month: Try the MEATLESS MONDAYS CHALLENGE!</p> <p>Black History Month Keynote: A Talk with Miss J. Alexander (\$)</p> <p>Understanding Sleep at Goodness Me!</p> <p>Anxiety Skills and Strategies (\$)</p>	<p>3</p> <p>Sun Life Lunch & Learn: Creating your Financial Roadmap</p> <p>Free Classical Yoga with Lalit</p> <p>STOP Worrying Workshop (\$)</p> <p>BLOG POST: Enjoy Lunch at PJ's Restaurant in the Atrium</p>	<p>4</p> <p>WEBINAR: Reading Between the Lines: Working with multi-generations in the workplace</p> <p>Wednesday Walks at the Arboretum</p> <p>Decreasing Headaches (\$)</p>	<p>5</p> <p>Walking Track Thursdays</p> <p>The Sacredness of Women with Elder Jan Sherman</p> <p>BLOG POST: Apply now for a Wellness@Work Grant</p>	<p>6</p> <p>International Women's Day Events:</p> <ul style="list-style-type: none"> • GenEQ Breakfast • Women's Day 5K • Noon Hour Concert <p>Labyrinth Drop-in</p> <p>Building Working Relationships 🗨️</p> <p>Cinq à Sept Staff & Faculty Social</p>
<p>9</p> <p>MEATLESS MONDAYS CHALLENGE</p> <p>Grant Program Information Session</p> <p>GOAL 2.0 Master Class for Leaders: Employee Strengths</p>	<p>10</p> <p>Testing the Hypothesis of Food Addiction: Research Talk</p> <p>Sun Life Lunch & Learn: Building your Wealth</p> <p>Free Classical Yoga with Lalit</p> <p>Mental Health Trainings: Beyond the Books & SafeTALK</p>	<p>11</p> <p>1Day Stand: Smoking Cessation Resources and Support</p> <p>Wednesday Walks at the Arboretum</p> <p>GOAL 2.0 Training for Employees (Foundational Training)</p> <p>Safety and Security for Front Line Staff</p>	<p>12</p> <p>Walking Track Thursdays</p> <p>Exploring Turtle Island's Untold Truths: KAIROS Blanket Exercise</p> <p>WEBINAR: Stereotype Threat: Effects on Women in Leadership</p>	<p>13</p> <p>Cinq à Sept Staff & Faculty Social</p> <p>BLOG POST: The Many Faces of Anxiety</p>
<p>16</p> <p>MEATLESS MONDAYS CHALLENGE</p> <p>BLOG POST: Sleep Awareness Week: Get a Better Sleep</p>	<p>17</p> <p>Sun Life Lunch & Learn: Bridge the Gap between your Health and Finances</p> <p>Free Classical Yoga with Lalit</p>	<p>18</p> <p>Wednesday Walks at the Arboretum</p> <p>Having Difficult Conversations for Staff</p>	<p>19</p> <p>Walking Track Thursdays</p> <p>BLOG POST: Spreading Holiday Cheer through Music in OpenEd</p>	<p>20</p> <p>Labyrinth Drop-in</p> <p>Improving Workplace Communications 🗨️</p> <p>Live Music & BINGO: Staff & Faculty Social</p>
<p>23</p> <p>MEATLESS MONDAYS CHALLENGE</p> <p>BLOG POST: Q&A on EFAP's Nutritional Coaching Program</p>	<p>24</p> <p>Our On-Campus Circular Food System Workshop with Sustainability</p> <p>BLOG POST: ON TOUR at Zavitz Hall</p>	<p>25</p> <p>Stress Eating Workshop</p> <p>Wednesday Walks at the Arboretum</p>	<p>26</p> <p>U of G Women, Work and Wellness Session</p> <p>Spring Equinox Classical Yoga</p>	<p>27</p> <p>Labyrinth Drop-in</p> <p>BLOG POST: Promoting Psychological Health While Going Through Change</p>
<p>30</p> <p>MEATLESS MONDAYS CHALLENGE</p> <p>BLOG POST: Nominate a Colleague for an Exemplary Staff Award or the Winegard Volunteer Award</p>	<p>31</p> <p>Wellness@Work Grant Program Deadline</p> <p>RBC Lunch & Learn: Investing in Real Estate</p> <p>Free Classical Yoga with Lalit</p>	<p>Apply by March 31 for a Wellness@Work Grant</p>		

