

MARCH 2021- NUTRITION MONTH

Wellness@Work Calendar



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| <p>1</p> <p>Start the Paint Your Plate with Vegetables and Fruit Challenge</p> <p>Start Athletics' March Madness Mileage Challenge</p> <p>Better Sleep Program (\$) Virtual and On Demand</p> | <p>2</p> <p>STOP Worrying Workshop (\$) 7-9pm Virtual</p> <p>Free Classical Yoga 12-1 pm Virtual </p> | <p>3</p> <p>Leadership Agility in Times of Change and Crisis 1-2:30pm Virtual</p> <p>Take the Stress Out of IBS (\$) 5:30-6:30pm Virtual</p> <p>Mood Moves 12:20-12:30 pm Virtual</p> | <p>4</p> <p>Free Classical Yoga 12-1 pm Virtual </p> | <p>5</p> <p>Exhale & Enjoy: Employee Appreciation Day – live performance with JUNO award winning musician Dan Mangan 3:00 – 3:30 pm Virtual</p> |
| <p>8</p> <p>International Women's Day Events: Learn more on the GenEq webpage</p> <p>Anxiety: Skills & Strategies Program (\$) 12:30 – 1:30 pm</p> | <p>9</p> <p>Free Classical Yoga 12-1 pm Virtual </p> <p>RBC Financial Wellness Seminar: First Time Homebuyer Plan 12-1 pm Virtual</p> <p>Decreasing Headaches (\$) 7-8:30pm virtual</p> | <p>10</p> <p>An Introduction to Health and Safety 12-1 pm Virtual</p> <p>Mood Moves 12:20-12:30 pm Virtual</p> | <p>11</p> <p>Virtual Yoga Speaker Series – Hans Bakker 12-1 pm Virtual</p> | <p>12</p> <p>Wellness Friday: Respectful Relationships in the Workplace 12-1 pm Virtual</p> |
| <p>15</p> <p>Cook Life a Chef – View Cooking Demos Created by Hospitality Services</p> | <p>16</p> <p>Free Classical Yoga 12-1 pm Virtual </p> | <p>17</p> <p>Mood Moves 12:20-12:30 pm Virtual</p> | <p>18</p> <p>Free Classical Yoga 12-1 pm Virtual </p> | <p>19</p> <p>Learn about free Nutrition Coaching and other supports for employees in your Employee and Family Assistance Plan</p> |
| <p>22</p> <p>Cook Life A Chef – Find Your Favourite Hospitality Services Recipes Online</p> | <p>23</p> <p>Free Classical Yoga 12-1 pm Virtual </p> | <p>24</p> <p>COVID-19: What's New with Dr. Andrew Papadopoulos 1-1:30pm Virtual</p> <p>Mood Moves 12:20-12:30 pm Virtual</p> | <p>25</p> <p>Paint Your Plate Workshop – The Gryphon Power Bowl and Guelphie Smoothie, hosted by Chef Vijay Nair 12-1 pm Virtual and On Demand</p> <p>Virtual Yoga Speaker Series – Praveen Saxena 12-1 Virtual</p> | <p>26</p> <p>Wellness Friday: Improving Workplace Communication 12-1 pm Virtual</p> |
| <p>29</p> | <p>30</p> <p>Free Classical Yoga 12-1 pm Virtual </p> | <p>31</p> <p>Mood Moves 12:20-12:30 pm Virtual</p> | <p> Session will be recorded.</p> <p>(\$) Session has a fee</p> | |

#WellnessatUofG

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