

# MARCH 2023

## Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>National Nutrition Month</b></p> <ul style="list-style-type: none"> <li>Email a photo of a nutrition lunch you ate this month to <a href="mailto:wellnessatwork@uoguelph.ca">wellnessatwork@uoguelph.ca</a> by March 31<sup>st</sup>, 2023 to be entered to win a \$25 Hospitality Gift Card. Make sure to share what you enjoyed about the meal!</li> </ul> <p><b>International Women's History Month</b></p> <ul style="list-style-type: none"> <li>Donate a menstrual hygiene product on March 27<sup>th</sup> and be entered to win a \$25 Hospitality Gift card!</li> </ul> <p><b>Weekly Occurrences:</b> </p> <ul style="list-style-type: none"> <li><a href="#">Every Tues: Free in person Yoga</a></li> <li><a href="#">Every Wed: Noon Hour Arboretum Walks</a></li> <li><a href="#">Every Thurs: Campus Food Market</a></li> </ul> 		<p>1</p> <p><a href="#">Free Drop-In Rec Skate (in-person)</a></p>	<p>2</p> <p><a href="#">Employee Appreciation Day for Night Shift Employees: GREAT at U of G Presents: I, The Mountain! Plus trivia social, prizes and more (in-person)</a></p>	<p>3</p> <p><a href="#">Employee Appreciation Day: GREAT at U of G Presents: I, The Mountain! Plus coffee social, prizes, and more (in-person and virtual)</a></p>
<p>6</p> <p><a href="#">Get to Know Your Campus Athletics &amp; Recreation Facilities (in-person)</a></p>	<p>7</p>	<p>8</p> <p><a href="#">Celebrate International Women's Day with U of G Women, Work and Wellness: Equity vs Equality. (in-person)</a></p>	<p>9</p>	<p>10</p> <p><a href="#">U of G On Tour: Level 0 Kitchen (in-person)</a></p>
<p>13</p> <p><a href="#">Movement Monday: 15 minute chair yoga (virtual)</a></p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p> <p><a href="#">Nominate a colleague for the March "G" Thanks! Prize</a></p>
<p>20</p> <p><b>International Day of Happiness</b></p> <p><a href="#">Science of Happiness (Homewood Health) (virtual)</a></p>	<p>21</p> <p><a href="#">Your Campus Athletics &amp; Recreation: Foam Roll and Release (in-person)</a></p>	<p>22</p> <p><a href="#">HPC Physical Well-being Series: Working Through Menopause (virtual)</a></p> <p><a href="#">Your Campus Athletics &amp; Recreation: Pilates (in-person)</a></p>	<p>23</p> <p><a href="#">Vocal Health First Aid: How to Protect your Vocal Cords (virtual)</a></p> <p><a href="#">Your Campus Athletics &amp; Recreation: Barre Burn (in-person)</a></p>	<p>24</p>
<p>27</p> <p><a href="#">Donation Drive: Menstrual Hygiene Products (in-person)</a></p>	<p>28</p>	<p>29</p>	<p>30</p> <p><a href="#">Human Rights Fundamentals- Anti-Discrimination and Harassment (virtual)</a></p>	<p>31</p> <p><a href="#">Supporting Your Gut Microbiome Through Your Diet (30-minutes Food Demo Included) (in-person)</a></p>