


MARCH 2024

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Fitness and Fun with your Colleagues</u> : Athletics has a private small group program designed to teach proper and safe use of resistance machines and free weights, which will help you feel confident and see results.</p> <p>International Women’s History Month and Nutrition Month</p> <p>Weekly Occurrences: </p> <ul style="list-style-type: none">• Every Tues: Free in person Yoga• Every Wed: Noon Hour Arboretum Walks• Every Thurs: Campus Food Market				<p>1</p> <p><u>GREAT at U of G Presents: Employee Appreciation Day Celebrations</u></p>
<p>4</p> <p><u>Get to know your Athletics Facilities (in-person)</u></p>	<p>5</p> <p><u>Tapping into the Power of Appreciation and Recognition</u></p> <p><u>Women, Work, and Wellness: Breath and Voice Workshop (in-person)</u></p>	<p>6</p> <p><u>Equity Essentials Intersectional Allyship</u></p> <p><u>Women’s only swim (3:05-3:50 red pool)</u></p>	<p>7</p> <p><u>Making Friends with Change</u></p>	<p>8</p> <p><u>International Women’s Day Breakfast and Panel Discussion, Presented by GenEq (in-person)</u></p>
<p>11</p> <p><u>Chair Yoga: Get Fit Where You Sit</u></p>	<p>12</p> <p>Resource Highlight: <u>Nutrition Podcasts with the Guelph Family Health Study</u></p>	<p>13</p> <p><u>Women’s only swim (3:05-3:50 red pool)</u></p>	<p>14</p>	<p>15</p> <p><u>Nominate a colleague for the March "G" Thanks! Prize</u></p>
<p>18</p> <p>Resource Highlight! <u>Check out the GREAT “Action” Hub and get inspired to imbed gratitude, recognition, and appreciation into your day-to-day life</u></p>	<p>19</p> <p><u>Working Through Menopause</u></p>	<p>20</p> <p>International Day of Happiness</p> <p><u>Science of Happiness (Homewood Health)</u></p> <p><u>Women’s only swim (3:05-3:50 red pool)</u></p>	<p>21</p> <p><u>U of G on Tour: Art Gallery of Guelph</u></p> <p><u>Leader as Coach Day 1</u></p>	<p>22</p> <p><u>Interactive Cooking with Hospitality Services: Sustainable and Affordable Eating (in-person)</u></p> <p><u>Mental Health First Aid (in-person)</u></p>
<p>25</p> <p><u>Morning Mindful Moment</u></p>	<p>26</p>	<p>27</p> <p><u>Women’s only swim (3:05-3:50 red pool)</u></p>	<p>28</p>	<p>29</p> <p>Stat Holiday: Good Friday</p>