

# MARCH 2025

## Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5 <a href="#">Free Drop-In Recreational Skate</a>	6 <a href="#">International Women's Day Celebration and Panel Discussion, Presented by GenEQ</a>	7 <a href="#">GREAT at U of G Presents: You Are the Magic! Employee Appreciation Day Celebrations</a>
10 <a href="#">Learn about Physical Activity on Campus: Q&amp;A with Athletics &amp; Recreation</a>	11	12	13 <a href="#">Compassionate Care Chat Circle (Animal Care and Use Community)</a>	14 <a href="#">Pelvic Health 101 - for anyone with a pelvic floor!</a>
17 <a href="#">When Negativity Strikes: Communicating Despite Negative Behaviour</a>	18 <a href="#">Art on Campus: Tour of the winter exhibition season at the Art Gallery of Guelph</a>	19 <a href="#">Tapping into the Power of Appreciation and Recognition</a>	20 <a href="#">International Day of Happiness: Sip &amp; Connect</a>  <a href="#">Menopause Nutrition</a>	21 <a href="#">Snack Smarter: Energy &amp; Mindfulness in Every Bite</a>
24 <a href="#">Chair Yoga: Get Fit Where You Sit</a>	25 <a href="#">Human rights Fundamentals – Anti Discrimination and Harassment</a>	26	27 <a href="#">Mental Health First Aid</a>	28 <a href="#">Wellness Friday: Compassion Fatigue, Vicarious Trauma and Burnout</a>
31 <a href="#">Morning Mindful Moment</a>	<b>International Women's History Month and Nutrition Month: <a href="#">Read our Blog Article On Iron Needs for Women!</a></b> Weekly Occurrences:  <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> <b><a href="#">Nominate a colleague for the March "G" Thanks! Prize</a></b>			