

# NOVEMBER 2019

## Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>\$\$\$ Try the 30 Day Money Saving Challenge! \$\$\$</p>				<p>1 Labyrinth Drop-in</p> <p>Wellness Friday: Managing Time and Energy 🎧</p>
<p>4</p> <p>Treaties Recognition Week</p> <p>Anxiety: Skills and Strategies \$</p> <p>BLOG POST: It's that time of year again, cold and flu season. Do you know how to protect yourself?</p>	<p>5</p> <p>Perfectionism in the Workplace Workshop</p> <p>Free Classical Yoga with Lalit</p> <p>Anxiety: Skills and Strategies Program \$</p>	<p>6</p> <p>KAIROS Blanket Exercise</p> <p>Wednesday Walks at the Arboretum</p> <p>Take Our Kids to Work Program</p> <p>Accessibility Town Hall</p> <p>Relaxation Spa</p>	<p>7</p> <p>Flu Shot Clinic, OVC</p> <p>Recess League \$</p> <p>We are All Treaty People</p> <p>WEBINAR: Mindful Checklists: Improving Workplace Safety 🎧</p> <p>Decreasing Headaches \$</p>	<p>8</p> <p>Labyrinth Drop-in</p> <p>No Lunch? No Problem! Lunch n' Learn</p> <p>BLOG POST: The Invisible Wounds of Mental Health Disorders</p>
<p>11</p> <p>Flu Shot Clinic</p> <p>Remembrance Day Service</p> <p>BLOG POST: Me Time: Managing Stress and Work Life Balance</p>	<p>12</p> <p>ON TOUR: UC Basement Kitchen</p> <p>Beyond the Books: Mental Health Training</p> <p>Free Classical Yoga with Lalit</p> <p>Harnessing Team Power- Part 1</p>	<p>13</p> <p>BLOG POST: Kindness is Contagious: World Kindness Day</p> <p>ON TOUR: Guelph Gryphon Athletics Centre Expansion</p> <p>RBC Lunch n' Learn: Fraud and Cyber Fraud</p> <p>Wednesday Walks at the Arboretum</p>	<p>14</p> <p>Flu Shot Clinic</p> <p>SafeTALK: Suicide Alertness Training</p> <p>Recess League \$</p> <p>Want to Learn More about Louis Riel?</p>	<p>15</p> <p>Labyrinth Drop-in</p> <p>Wellness Friday: Stress Busters 🎧</p> <p>Louis Riel Day Flag Raising</p> <p>BLOG POST: Benefits Spotlight: Financial Coaching</p>
<p>18</p> <p>BLOG POST: Tech-Free Tuesdays Contest Winner Reflection</p> <p>BLOG POST: Winners of the Take a Hike! Challenge</p>	<p>19</p> <p>Free Classical Yoga with Lalit</p> <p>Harnessing Team Power- Part 2</p>	<p>20</p> <p>WEBINAR: Developing Community Partnerships 🎧</p> <p>Wednesday Walks at the Arboretum</p>	<p>21</p> <p>Flu Shot Clinic</p> <p>Lighting the Qulliq &amp; Inuit Artifacts</p> <p>Recess League \$</p>	<p>22</p> <p>Labyrinth Drop-in</p> <p>Writing Effective Emails</p>
<p>25</p> <p>BLOG POST: Highlights from Campus Mile</p>	<p>26</p> <p>Free Classical Yoga with Lalit</p> <p>Team Work with Impact</p>	<p>27</p> <p>Women, Work and Wellness Session</p> <p>Wednesday Walks at the Arboretum</p>	<p>28</p> <p>ON TOUR: Creelman Produce Facility and Bake Shop</p>	<p>29</p> <p>Labyrinth Drop-in</p> <p>Wellness Friday: The Art of Relaxation 🎧</p>