



November 2022 Wellness Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30-Day Kindness Challenge presented by GREAT at U of G	1 Blog Post: Wellness@Work Programming Schedule for 2023 is announced!	2 Getting Out Again – Decreasing Re-Entry Anxiety Transitioning from Employee to Supervisor/Manager	3 Flu Shot Clinic Campus Food Market	4 Blog Post: Employee Orientation Month Programming Highlights and Passport Challenge Winners
7 NEW Days Get to know your Athletics Facilities!	8 Indigenous Veterans Day	9 Save Lives by Donating Blood and Join U of G's Partners for Life team!	10 Flu Shot Clinic Campus Food Market	11 Remembrance Day
14	15 Grief in the Workplace	16 Flu Shot Clinic Louis Riel Day	17 Pause and Create: Draw Van Gogh's Famous Sunflowers with Oil Pastels	18 Wellness Friday: Understanding Anxiety and Depression SafeTALK
21 Free Drop-In Recreational Skating Making Sense of Nutritional Supplements	22	23 U of G Canadian Blood Services Adoption Day. Donate Today!	24 U of G Canadian Blood Services Adoption Day. Donate Today!	25 Wellness Friday: Supporting the Caregiver
National Addictions Awareness Week - View smoking cessation resources to cope, quit or be there for a friend				
28	29 Giving Tuesday: Donate to United Way	30 Submit your "G" Thanks nomination for November!	Weekly Occurrences:  <ul style="list-style-type: none"> • Every Wed: Noon hour Walk in the Arboretum • Every Thurs: Free In-Person Yoga at Mills Hall, Fireplace Lounge • Every Fri: Labyrinth Meditation 	
A December 2022 Wellness Calendar will not be published. Instead, drop by the Gryphon Centre Arena between 11am and 1pm on Dec 15 for recreational skating and to sip on some hot chocolate as we ease into the holiday season. Register now!				