

NOVEMBER 2025

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NEW Days (In-Person)	4 One Size Doesn't Fit All: How to Lead Neurodivergent Employees	5 Mindfulness Based Stress Reduction Overview Day 2 Pickleball Ready: Prevent Injuries & Elevate Your Game	6	7
10 Learn about Physical Activity on Campus: Q&A with Athletics & Recreation	11 Remembrance Day	12 Mindfulness Based Stress Reduction Overview Day 3	13 World Kindness Day: Nominate a colleague for the "G" Thanks! Prize	14 Understanding Anxiety and Depression
17 National Addictions Awareness Week: View smoking cessation resources to cope, quit or be there for a friend Equity Essentials: Intersectional Allyship Beyond the Books Mental Health Literacy Training	18 RBC Lunch and Learn: Wills and Estate Planning	19 Steps to Supporting a Colleague in Distress	20 Resource Highlight: Explore your Employee and Family Assistance Program for well-being support!	21
24 U of G on Tour: Get to Know Your Guelph Athletics & Recreation Facilities	25	26 U of G on Tour: Space and Advanced Life Support Agriculture at the Controlled Environment Systems Research Facility	27	28 Self-Care Strategies: Helpful Now and Always

A December 2025 Wellness Calendar will not be published. Instead, drop by the Gryphon Centre Arena between 11:30am and 1:30pm on Dec 12 for recreational skating and to sip on some hot chocolate as we ease into the holiday season. [Register now](#) to help us estimate hospitality!

Learn more and register online: uoguelph.ca/wellnessatwork/