

NOVEMBER 2023

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Kindness Bingo Challenge: Enter to win a free hot beverage for yourself and a colleague!		1 On-Campus Flu Shot Clinic Save Lives by Donating Blood and Join U of G's Partners for Life Team	2 The One Health Approach: Governance and Operationalization Challenges	3 On-Campus Flu Shot Clinic
6 Virtual NEW Days U of G on Tour: Get to Know Your Campus Athletics Centre Wander and Wonder - Mtiqwaaki Trail	7	8 National Indigenous Veterans Day Flag Raising GOAL 2.0 Training for Managers (Foundational Training) On-Campus Flu Shot Clinic	9 Acknowledging Indigenous Lands On-Campus Flu Shot Clinic Being Kin with the Land On-Campus Blood Donation Clinic	10 Remembrance Day Reflection Free Drop-In Recreational Skating
Treaties Recognition Week – Learn more about the lands where we live, learn, and work				
13 World Kindness Day Visit the GREAT SharePoint Site Morning Mindful Moment	14 Equity Essentials – Call it out? Identifying and Responding to Microaggressions safeTALK Suicide Prevention Training	15 Achieving Win-Win Negotiations in Relationships	16 Free Drop-In Recreational Skating	17 HeART Hug: A Virtual, Creative Workshop on Self-Kindness
20 View the Wellness@Work website for resources to support substance use problems	21 RBC Lunch and Learn – Wills & Estate Planning	22	23 U of G on Tour: Get to Know Your U of G Guelph Campus	24
National Addictions Awareness Week - View smoking cessation resources to cope, quit or be there for a friend				
27 Beyond the Books Mental Health Literacy Training	28 Leading Your Team through Change Day 1	29 Leading Your Team through Change Day 2	30 Intuitive Eating During the Holiday Season	Nominate a colleague for the November "G" Thanks! Prize

- A December 2023 Wellness Calendar will not be published. Instead, drop by the [Gryphon Centre Arena](#) between 11am and 1pm on Dec 7 for recreational skating and to sip on some hot chocolate as we ease into the holiday season. **Register now!**
- During the week of **Dec. 18th-22nd all noon hour NRG fitness classess** are opened to staff and faculty for free! Meet an Athletics & Recreation staff in the Larry Pearson lobby of the Guelph Gryphons Athletic Centre to find your way to your interested class.