


SEPTEMBER 2019

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Labour Day</p> <p>Sign up for the Wellness@Work Gryphons Read Book Club and start reading the book!</p>	<p>3</p> <p>TAKE A HIKE! Challenge starts</p> <p>Free Classical Yoga with Lalit</p>	<p>4</p> <p>Community Breakfast – Stop by the Wellness@Work table!</p> <p>Wednesday Walks at the Arboretum</p>	<p>5</p> <p>Market at the Organic Farm</p>	<p>6</p> <p>BLOG POST: Highlights from Exploring the Guelph Centre for Urban Organic Farming</p>
<p>9</p> <p>BLOG POST: Suicide Prevention: Uncovering the Signs</p>	<p>10</p> <p>Suicide Awareness and Prevention Day</p> <p>RBC Lunch & Learn: Smart Ways to use your Home Equity</p> <p>Free Classical Yoga with Lalit</p>	<p>11</p> <p>Wednesday Walks at the Arboretum</p>	<p>12</p> <p>Beyond the Books Training</p> <p>Smoke-Free Peer Support Group</p> <p>Market at the Organic Farm</p> <p>Ecopsychology Program starts \$</p>	<p>13</p> <p>Labyrinth Drop-in</p> <p>BLOG POST: Winners of the Water you Drinking? Challenge</p>
<p>16</p> <p>Building Resilience- Letting Go and Moving Forward</p>	<p>17</p> <p>Free Classical Yoga with Lalit</p> <p>BLOG POST: U of G Top 20 Bucket List for Employees</p>	<p>18</p> <p>Garden Gander with John Reinhardt</p> <p>Wednesday Walks at the Arboretum</p>	<p>19</p> <p>Powley Day</p> <p>Smoke-Free Peer Support Group</p> <p>Recess League</p> <p>Market at the Organic Farm</p>	<p>20</p> <p>Wellness Friday: Professionalism in the Workplace</p> <p>Labyrinth Drop-in</p>
<p>23</p> <p>Fall Equinox: Free Outdoor Yoga Event on Johnston Green</p>  <p>Blood Donor Clinic at U of G</p>	<p>24</p> <p>Free Classical Yoga with Lalit</p>	<p>25</p> <p>Wednesday Walks at the Arboretum</p> <p>SafeTALK: Suicide Alertness Training</p>	<p>26</p> <p>Online Conversational Intelligence: Helping Leaders Build Trust</p> <p>Smoke-Free Peer Support Group</p> <p>Recess League</p> <p>Anxiety: Skills & Strategies starts \$</p> <p>Market at the Organic Farm</p>	<p>27</p> <p>Wellness@Work Gryphons Read Book Club Meeting</p> <p>Labyrinth Drop-in</p> <p>Priority and Workload Management for Staff</p>
<p>30</p> <p>Orange Shirt Day</p> <p>TAKE A HIKE! Challenge ends</p>	<p>OCT 1</p> <p style="text-align: center;">SAVE THE DATE!</p> <p style="text-align: center;">CAMPUS MILE: HEALTHY WORKPLACE MONTH LAUNCH EVENT</p>			

#WellnessatUofG

Learn more and register online: <https://www.uoguelph.ca/wellnessatwork/>