

September 2023

Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Participate in the U of G <u>Guelph Campus Photo Scavenger</u> Hunt to win 1 of 5 Hospitality services gift cards! Attend any of the "Get to know your Campus Athletics & Recreation Facilities" tours this month to be entered to be entered to win an NRG membership for the Fall 2023 semester! Weekly Occurrences: Every Tues: Free in person Yoga Every Wed: Noon Hour Arboretum Walks 				Check out the Fall Learning & Development Programming!
September 30 th is the national Day for Truth and Reconci	liation. Review <u>Bi-Naagwad: It Comes Int</u> 5	o View, U of G's Indigenous Initiatives Strategy. 6	7	8
Labour Day	Resource: Review wellness services, programs, and resources available in the Guelph and surrounding area!	Community Breakfast	Resource: Dining on Campus with Hospitality Services	Resource: Environmental Health & Safety Training
11	12	13	14	15
Virtual NEW Days U of G on Tour: Get to Know Your Campus Athletics & Recreation Facilities	Employee and Family Assistance Program (EFAP) Orientation	Equity Essentials – Intersectional Allyship	U of G on Tour: Get to Know your U of G Guelph Campus	Check out the amazing services available to staff and faculty offered by the University of Guelph departments and units that support our mission to Improve Life.
18	19	20	21	22
U of G on Tour: Get to Know Your Campus Athletics & Recreation Facilities	Resource: Explore Your McLaughlin Library Resources	Navigating Difficult Conversations Beyond the Books Mental Health Literacy Training	World Gratitude Day GREAT at U of G Relaunched!	
25	26	27	28	29
U of G on Tour: Get to Know Your Campus Athletics & Recreation Facilities	U of G on Tour: Get to Know the OVC Understanding Neurodiversity	U of G on Tour: Honey Bee Research Centre	Art on Campus: Tour of the new fall exhibition season at the Art Gallery of Guelph	U of G on Tour: Guided Arboretum Nature Walk