

SEPTEMBER 2025

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>Labour Day</div>	<div>2</div> <div>Register for the Fall Staff Pickleball Recess League!</div>	<div>3</div> <div>Community Breakfast</div>	<div>4</div>	<div>5</div> <div>Resource Highlight: Explore your Employee and Family Assistance Program for well-being support!</div>
<div>8</div> <div>NEW Days – (in person)</div>	<div>9</div> <div>Resource Highlight: Dining on Campus with Hospitality Services</div>	<div>10</div> <div>World Suicide Prevention Day Register for suicide prevention training through Student Wellness.</div>	<div>11</div> <div>Resource Highlight: Staff and Faculty Services, and Discounts</div>	<div>12</div>
<div>15</div> <div>U of G on Tour: Get to Know Your Guelph Athletics & Recreation Facilities</div>	<div>16</div> <div>U of G on Tour: Trial Garden RBC Lunch and Learn: Key Considerations for Retirement Transition and Planning</div>	<div>17</div> <div>Resource Highlight: Explore Your McLaughlin Library Resources</div>	<div>18</div> <div>Understanding and Preventing Burnout</div>	<div>19</div> <div>Nominate a colleague for the "G" Thanks! Prize</div>
<div>22</div> <div>Learn about Physical Activity on Campus: Q&A with Athletics & Recreation Inclusive Leadership: Applying Anti-Oppressive & Anti-Racism Lenses to Decision-Making</div>	<div>23</div> <div>Empathy</div>	<div>24</div> <div>U of G on Tour: Get to know your U of G Guelph Campus</div>	<div>25</div> <div>U of G on Tour: Guided Arboretum Walk Priority and Workload Management for Staff</div>	<div>26</div> <div>Mental Health First Aid</div>
<div>29</div>	<div>30</div> <div><u>National Day for Truth and Reconciliation</u></div>	<div>Call for Volunteers: Help Create Poppies through Workshops or at Home!</div> <div>The logo for Wellness@Work features a stylized human figure composed of three overlapping, curved shapes in red, yellow, and blue, positioned to the left of the text "Wellness @Work" in a bold, sans-serif font.</div>		

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