

Read EHS's tips on [Sun Safety](#), [Working in Hot Environments](#), and [Exposure to Ticks](#)!

Summer 2023

Wellness@Work Programming

Participate in the ["Bike-It List"](#) wellness challenge for your chance to win a \$75 gift card to Speed River Bicycle!

June 2023

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July 2023

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Calendar of Events

- June 5 | [Get to Know Your Athletics & Recreation Facilities](#)
- June 9 | [Swim 2 Survive Training](#)
- June 12 | [Morning Mindful Moment: Summer Bloom](#)
- June 19 | [Wellness@Work 2023 Pulse Survey Closes](#)
- June 21 | [International Day of Yoga on Johnston Green](#)
- June 30 & Aug 7 | [Stat Holidays](#)

- July 3 | [Get to Know Your Athletics & Recreation Facilities](#)
- July 6 | [Wellness@Work Grant Program Applications Open](#)
- July 10 | [Wellness@Work Grant Program Information Session](#)
- July 12 & 13 | [ASIST Suicide Intervention Training](#)
- July 13 | [U of G on Tour: Honey Bee Research Centre](#)
- July 21 | [Wellness Friday - The Art of Relaxation](#)
- July 31 | [Wellness@Work Grant Program Applications Due](#)

- Aug 3 | [Unplugging and Recharging with Forest Bathing at the Arboretum](#)
- Aug 12 | [U of G Community Bike Ride](#)
- Aug 17 | [Steps to Supporting a Colleague in Distress](#). View training recording!
- Aug 23 | [Bike to Campus Day](#)



Sign out sports equipment and recreational items from Athletics & Recreation for FREE all summer!