

# Summer 2022

## Wellness@Work Programming

July 2022							August 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	24	26	27	28	29	30	28	29	30	31			
31													

Jul 1 & Aug 1

Stat Holidays

Tues & Thurs

Classical Yoga 

Stay tuned for September where we will be coordinating an "Employee O-Month"!

## Calendar of Events

Jul 4

Get to Know your Campus Athletics Facilities!

Jul 7

U of G On Tour: Guelph Centre for Urban Organic Farming

Jul 12

Get to know your U of G Campus!

Jul 14

Yoga on Johnston Green

Jul 20

Beyond the Books: Mental Health Literacy Training

Jul 26

U of G On Tour: Conservatory Gardens Walk and Talk

Jul 27

Wellness Wednesday Webinar : Psychological Hygiene

Aug 8

Get to Know your Campus Athletics Facilities!

Aug 17

Get to know your U of G Campus!

Aug 25

Yoga on Johnston Green