

# Tech-Free Tuesday Nights



WRITE  
IN A  
JOURNAL

READ A  
BOOK

## AUGUST WELLNESS CHALLENGE

Turn off your screens and spend each Tuesday evening of the month technology-free.

PLAY A  
GAME

CLEAN  
YOUR  
HOME

TRY A  
NEW  
HOBBY

SUBMIT A  
REFLECTION

PRIZES  
AVAILABLE!

GO FOR  
A  
WALK



University of Guelph

**Wellness  
@Work**

Learn more:  
[uoguelph.ca/wellnessatwork](http://uoguelph.ca/wellnessatwork)