Tech-Free Tuesday Nights

AUGUST WELLNESS CHALLENGE

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

- Write in a Journal
- Play a Game
- Try a New Hobby
- Read a Book
- Clean Your Home
- Go for a Walk

Submit a Reflection
Prizes Available!

University of Guelph
Wellness @Work

Learn more: uoguelph.ca/wellnessatwork