

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

Summer 2025

Wellness@Work Programming

June 2025

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 2025

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 2025

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 4** | [Canadian Red Cross CPR Level C/AED Certification](#)
- June 10** | [Eating for Exercise](#)
- June 20** | [Pulling Weeds for Remembrance: Midday Meetup at the Arboretum Memorial Forest](#)
- June 25** | [Building Resilience: Understanding Challenges, Learning Strategies, and Accepting Change](#)
- June 26** | [Mental Health First Aid](#)
- June 27** | [Sweetgrass Teachings with Grandmother Kim Wheatley at the Guelph Turfgrass Institute](#)
-  [Nominate a colleague for the monthly "G" Thanks! Prize](#)

- July 8** | [U of G on Tour: Honey Bee Research Centre](#)
- July 9** | [U of G on Tour: Guelph Centre for Urban Organic Farming](#)
- July 17** | [Science of Happiness](#)
- July 18** | [Building Working Relationships](#)
- July 22** | [Mindfulness at Work](#)
- July 23** | [Managing Headaches - A Nutrition and Lifestyle approach with Kristina Brooks, Naturopathic Doctor](#)
- July 31** | [Putting Your Strengths to Work](#)

- Aug 13** | [The Hidden Strengths of Introverts](#)
- Aug 19** | [Fungi Nature Journaling Hike at the Arboretum](#)
- July 1 & Aug 5** | [Stat Holidays](#)
- Tues** | [Classical Yoga](#) 
- Wed** | [Arboretum Wednesday Noon Walks](#) 

