

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 ↺



**WELLNESS  
@WORK**