

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

Summer 2026

Wellness@Work Programming

June 2026

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 2026

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 2026

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 8** | [Ask the Dietician Day](#)
- June 11** | [Strength and Stretch: Mobility for Your Golf Swing](#)
- June 12** | [Building Working Relationships](#)
- June 17** | [U of G on Tour: Luckevich Pinchin Honey Bee Research Centre](#)
- June 23** | [Strength and Stretch: Mobility for Your Tennis Swing](#)

- June 24** | [Pop Up Employee Colouring and Connect](#)
- June 26** | [Establishing Work/Life Harmony](#)
- July 10** | [Establishing Healthy Boundaries with Assertiveness](#)
- July 15** | [U of G On Tour: Guelph Centre for Urban Organic Farming](#)
- July 17** | [Science of Happiness](#)
-  [Nominate a colleague for the monthly "G" Thanks! Prize](#)

- Aug 14** | [Inner Strength](#)
- Aug 19** | [Art on Campus: Tour of the summer exhibition season at the Art Gallery of Guelph](#)
- July 1 & Aug 3** | [Stat Holidays](#)
- Tues** | [Classical Yoga](#) 
- Wed** | [Arboretum Wednesday Noon Walks](#) 