

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1  CAMPUS MILE: KICK-OFF TO HEALTHY WORKPLACE MONTH	2
5 Mental Illness Awareness Week  U of G Food Market: OVC Cafeteria	6  Understanding Anxiety and Depression	7  Behind the Scenes at the Arboretum – Horticulture, Elm Recovery & Beech Leaf Disease  Design Over Discipline: How to Build ADHD-Friendly Systems that Actually Work  Noon Hour Walk in the Arboretum	8  Art on Campus: Tour of the fall exhibition season at the Art Gallery of Guelph  U of G Food Market: University Centre	9  Resource Highlight: Access your Employee Family Assistance Program
12 	13  Take Your Break: Free Hot Beverage for All Employees	14  Resource Highlight: Explore the Canadian 24-Hour Movement Guidelines for Adults  Noon Hour Walk in the Arboretum	15  Leading with Psychological Safety to Foster Supportive Workplaces  U of G Food Market: University Centre	16  Order Your Gryph Post Candy Grams for Halloween! (Orders due Oct 16)  Navigating Change: Practical Strategies to Make Change Work for You
19  From Packaged to Practical: Eating Well for a Busy Workday  U of G Food Market: OVC Cafeteria	20  RBC Lunch and Learn: RRSPs and Key Considerations for Retirement Transition and Planning	21  myUPP Orientation  Noon Hour Walk in the Arboretum	22  Resource Highlight: Nominate a colleague for the “G” Thanks! Prize  U of G Food Market: University Centre	23  Secondary Losses and Grief
26  Forest Floor: A Virtual, Creative Workshop   Equity Essentials – Call it out? Identifying and Responding to Microaggressions  U of G Food Market: OVC Cafeteria	27  Reset Your Sleep: Preparing for Time Change	28  Chronic Pain: What Research Reveals and What You Can Do  Noon Hour Walk in the Arboretum	29  Brain Health: Presented by Alzheimer Society Waterloo Wellington  U of G Food Market: University Centre	30  Establishing Healthy Boundaries with Assertiveness

