


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>READY-SET-binGO! (Runs all month)</p> <p>Start your Healthy Workplace Month BINGO card for your chance to win a prize!</p>	<p>1</p> <ul style="list-style-type: none"> ■ Campus Mile: Healthy Workplace Month Launch Event (R) ■ Relaxation and Stress Management Skills Program starts (R) \$ <p>Explore campus with the U of G Art & Objects Scavenger Hunt Activity (Runs all month)</p>	<p>2</p> <ul style="list-style-type: none"> ■ ON TOUR: Gryphon Soccer Complex (R) ■ Faculty and Staff Bike Ride with Campus Community Police (R) ■ Wednesday Walks at the Arboretum ■ Gryphons Read: In Conversation with Author Eden Robinson 	<p>3</p> <ul style="list-style-type: none"> ■ Art Gallery of Guelph Tour of Seth: A Life, All Play (R) ■ Smoke-Free Peer Support Group ■ Recess League \$ ■ Better Sleep Program starts (R) \$ 	<p>4</p> <ul style="list-style-type: none"> ■ Wellness Friday: Establishing Work-Life Harmony (R) 🎥 ■ Labyrinth Drop-in ■ FLEX: Free Fitness Class
<p>7</p> <ul style="list-style-type: none"> ■ Mental Illness Awareness Week and Fire Prevention Week ■ Emptying your Burden Basket Sharing Circle (R) <p>Fall Foliage Photo Contest (Runs Oct . 7th – 28th)</p>	<p>8</p> <ul style="list-style-type: none"> ■ Office Ergonomics Workshop (R) ■ Classical Yoga for Total Health and Awareness 	<p>9</p> <ul style="list-style-type: none"> ■ Transitioning from Employee to Manager (R) ■ Wednesday Walks at the Arboretum ■ Roll ‘n Release Yoga: Free Fitness Class 	<p>10</p> <ul style="list-style-type: none"> ■ World Mental Health Day ■ Instructor Perspectives on Student Mental Health Talk (R) ■ Self-Care and the Brain Talk (R) ■ Smoke-Free Peer Support Group ■ Recess League \$ 	<p>11</p> <ul style="list-style-type: none"> ■ For the Sake of Scribble: A Drawing Workshop (R) ■ Priority and Workload Management for Leaders (R) ■ Labyrinth Drop-in
<p>14</p> 	<p>15</p> <ul style="list-style-type: none"> ■ Take a Break: Free hot beverage for all employees ■ Classical Yoga for Total Health and Awareness 	<p>16</p> <ul style="list-style-type: none"> ■ Take your Break- Night Shift: Free hot beverage for all employees ■ Wednesday Walks at the Arboretum ■ Discover Healthy Eating on a Budget at Goodness Me! (R) ■ Think Pink Fundraising for Breast Cancer Awareness 	<p>17</p> <ul style="list-style-type: none"> ■ ON TOUR: Creelman Produce Facility and Basement Bake Shop (R) ■ Smoke-Free Peer Support Group ■ Personal Leadership at Work- #1 (R) ■ Recess League \$ ■ Think Pink Fundraising for Breast Cancer Awareness 	<p>18</p> <ul style="list-style-type: none"> ■ Mental Health First Aid- Day 1 (R) ■ Wellness Friday: Making Shiftwork Work for You (R) 🎥 ■ Labyrinth Drop-in ■ Think Pink Fundraising for Breast Cancer Awareness
<p>21</p> <ul style="list-style-type: none"> ■ Aboriginal Awareness Week at U of G and Waste Reduction Week ■ Introduction to Mindfulness: Teaching and Gentle Yoga Fusion (R) ■ Blood Donor Clinic- U of G (R) ■ Women’s Mid-Life Sleep Workshop (R) \$ 	<p>22</p> <ul style="list-style-type: none"> ■ SafeTALK Training (R) ■ ON TOUR: UC Kitchen Basement (R) ■ Classical Yoga for Total Health and Awareness ■ Introduction to Aboriginal People in Canada Workshop 	<p>23</p> <ul style="list-style-type: none"> ■ ON TOUR: Historic W.F. Mitchell Building (R) ■ The Why and How of Territorial Acknowledgements ■ Wednesday Walks at the Arboretum 	<p>24</p> <ul style="list-style-type: none"> ■ Faculty and Staff Bike Ride with Campus Community Police (R) ■ Research Talk by Dr. Francesco Leri (R) ■ Blood Donor Clinic- O.M.A.F. (R) ■ Recess League \$ ■ Planetarium Program... What’s up Tonight? \$ 	<p>25</p> <ul style="list-style-type: none"> ■ Play with Paint Workshop (R) ■ Mental Health First Aid- Day 2 (R) ■ Labyrinth Drop-in ■ Zumba: Free Fitness Class ■ Pilates: Free Fitness Class
<p>28</p> <ul style="list-style-type: none"> ■ Take a Paws- Comfort Dog Visits (R) ■ STOP Worrying Workshop (R) \$ ■ Fall Foliage Photo Contest ends 	<p>29</p> <ul style="list-style-type: none"> ■ Fall Foods: Snacks on the Go (R) ■ Classical Yoga for Total Health and Awareness 	<p>30</p> <ul style="list-style-type: none"> ■ Wednesday Walks at the Arboretum ■ FLEX: Free Fitness Class 	<p>31</p> <ul style="list-style-type: none"> ■ Halloween – Guelph Student Food Bank Donation Drive ■ Personal Leadership at Work- #2 (R) ■ College Idol (R) \$ ■ Recess League \$ <p>Submit your U of G Art & Objects Scavenger Hunt Activity and BINGO Card</p>	

Please visit www.uoguelph.ca/wellnessatwork/healthy-workplace-month to learn more about each event and complete registration where required. More details on reverse. Throughout the year, view other monthly wellness calendars with upcoming events and opportunities offered year-round to faculty and staff on the Wellness@Work website.

CONTEST DETAILS

Fall Foliage Photo Contest

Snap a photo of some fall leaves, trees, branches or plants at U of G for your chance to win a prize! The winning photo will be framed and added to the collection of other photo contest winners on display in the UC. Send your photo to wellnessatwork@uoguelph.ca by October 28, 2019.

READY-SET-binGO!

Wellness Bingo is a way for you to improve your health and well-being at work and get entered to win prizes for your participation! For more information, view the poster/instructions and the bingo card for Healthy Workplace Month on the Wellness@Work website.

U of G Art & Objects Scavenger Hunt Activity

Is it art or a historic object? The scavenger hunt is made up of pictures of Art or Objects on the U of G campus for you to find. Once you have found the item in the picture, enter its name in the crossword puzzle. When you have completed the crossword puzzle, submit it to wellnessatwork@uoguelph.ca or send by campus mail to Sarah Joosse in Human Resources. There will be prizes awarded by random draw from the correct entries. Get out there and explore our beautiful campus this October!

EVENT DESCRIPTIONS

Aboriginal Awareness Week at U of G

The purpose of Aboriginal Awareness Week is to acknowledge the First Nations, Métis, and Inuit presence and partnerships on campus, and create opportunities for education and discussion.

Art Gallery of Guelph Tour of Seth: A Life, All Play (R)

Featuring the work of graphic novelist and artist Seth, A Life, All Play focuses on the creative exploration that is integral to his storytelling, captured in a dense and lush installation that highlights his life in the studio including his model city Dominion. Comfortable walking shoes, a water bottle, and a camera are recommended.

Better Sleep Program (R) \$

This 5-session group program meets once a week to provide information and skills instruction in the cognitive / behavioural techniques which decrease insomnia and promote better, more restful, sleep.

Blood Donor Clinics (R)

Approximately every minute of every day, someone in Canada needs blood. In Guelph alone, we need over 1000 new blood donors this year to make sure that we have enough blood on hand for local patients. Sign up for a time to donate blood in a location that's convenient for you on the Canadian Blood Services website: <https://myaccount.blood.ca/en/donate>.

Campus Mile: Healthy Workplace Month Launch Event (R)

Staff, faculty and students are invited to celebrate the launch of Healthy Workplace Month with the second annual U of G Campus Mile! Participants will walk, run or roll a mile through a marked route on our beautiful campus. Come out and engage in physical activity, connect with colleagues, take in the sights and sounds of our beautiful campus.

Classical Yoga for Total Health and Awareness

Classical Yoga is a particularly effective and efficient system to not only stretch, tone and develop the muscles but stimulate robust health in all systems of the body. Leave every session feeling refreshed mentally and physically, equipped with some powerful tools for keeping the body and mind in peak condition.

College Idol (R) \$

The University of Guelph's Got Talent! Doors open and a hot lunch served at 11:30 am. Show starts at noon and ends at 1:00 pm. Prizes for best individual and group costumes will be awarded. Buy your tickets soon, as they are first come first serve.

Discover Healthy Eating on a Budget at Goodness Me! (R)

You don't have to have a healthy budget to eat healthy! The founder of Goodness Me! will share tips and tricks for meal planning and budgeting in this free workshop.

Emptying your Burden Basket Sharing Circle (R)

Knowledge Keeper Jan Sherman will lead a Sharing Circle where participants will be engaged in a group discussion around traditional perspectives on "emptying your burden basket" as a practice to help improve mental well-being.

Faculty and Staff Bike Ride with Campus Community Police (R)

Bring your bike and helmet to work and enjoy a guided bike ride through the Arboretum with your colleagues, hosted by Campus Community Police. Meet at noon in Branion Plaza.

Fall Foods: Snacks on the Go (R)

Learn how to make the most out of one hour in your kitchen to create healthy and delicious Fall foods. Gain a better understanding of how some simple ingredient substitutions can make your snacks on the go more health promoting.

Fire Prevention Week

In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Escape planning and practice can help you make the most of the time you have, giving everyone enough time to get out. The 2019 theme is, "Not Every Hero Wears a Cape. Plan and Practice your Escape!"

Flex: Free Fitness Class

This is a muscle strength and endurance workout (no cardio component) for the whole body using a variety of equipment followed by a rejuvenating stretch.

For the Sake of Scribble: A Drawing Workshop (R)

Our art has so much to tell us - whether we are collaging images together, painting, or scribbling, it so often a direct reflection of our inner world. This is why artmaking can be such a restorative and compassionate practice of self-care. Absolutely no art experience is required, professional scribblers welcome.

Gryphons Read: In Conversation with Author Eden Robinson

Gryphons Read hosts a conversation with Eden Robinson, author of Son of a Trickster, the 2019 Gryphons Read pick.

Guelph Student Food Bank Donation Drive

Drop off food donations in the UC Courtyard to support the Guelph Student Food Bank. Please bring in your dry and canned goods or grocery store gift cards to help support the local student food bank.

Instructor Perspectives on Student Mental Health Talk (R)

This session facilitated by Dr. Kate Parizeau in partnership with Student Wellness will discuss recent research on instructor perspectives of student mental health in the classroom and will discuss steps forward in creating mentally-healthy work and study environments on campus.



Introduction to Aboriginal People in Canada Workshop

Aboriginal culture is complex, forming a dynamic and rich way of life, however, Aboriginal people and their cultures are often misunderstood. The goals of this workshop are for individuals to: reflect on their personal knowledge of Aboriginal people in Canada; develop knowledge on terminology and diversity of Aboriginal people in Canada; and reflect and challenge assumptions and stereotypes.

Introduction to Mindfulness: Teaching and Gentle Yoga Fusion (R)

Join Nichola Taylor MSW RSW (registered social worker and group facilitator) and Kerri-Ann Fitzgerald MSW RSW (registered social worker and certified yoga teacher) to enjoy a fusion of introductory mindfulness teachings and gentle yoga that can aid in stress-reduction and enhanced well-being.

Labyrinth Drop-in

Labyrinth walking is an ancient form of contemplative practice, used in a variety of cultures and faith traditions. The labyrinth invites you to walk a concentric walking path that leads to a central focal point, rich in various symbolic meanings. There are no tricks in a labyrinth, no dead-ends or choices to make... just space to quiet the mind, check in with your body, and open yourself to promoting whole person wellbeing.

Mental Health First Aid- Day 1 and 2 (R)

The Mental Health First Aid Course is a 2-day course that provides participants the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

Mental Illness Awareness Week

Mental Illness Awareness Week takes place each year and is focused on raising awareness about mental illness. The Faces of Mental Illness campaign features real people living in recovery from mental illness and aims to end the stigma associated with mental illness.

Office Ergonomics Workshop (R)

This training will be reviewing muscular-skeletal disorders (MSDs), symptoms of MSDs, ergonomic risk factors, and solutions. As well as an in-depth review of how to properly set up your workstation, identify hazards and propose solutions, as well as tips for at work and at home.

ON TOUR: Creelman Produce Facility and Basement Bake Shop (R)

Back by popular demand! Join a U of G sous chef and a baker at Creelman Hall for an exclusive tour of the food processing room and the bakeshop. Did you know U of G creates their own smoked roma tomato jam, zucchini relish, apple butter, pickles and more?! The produce facility provides a hub for chefs to process fresh fruits and vegetables during harvest season to be used in the winter. The bake shop allows our campus community to enjoy fresh hand-made baked goods with locally grown ingredients, Ontario dairy and fairtrade baking products.

ON TOUR: Gryphon Soccer Complex (R)

The Gryphon Soccer Complex has some interesting sustainability facts that were incorporated during the construction of this complex. Being respectful of our agricultural and turf grass history we will explain that the soccer complex was designed to provide safe, quality playing surfaces with input from the Arboretum, Grand River Conservation Authority and our community to be the finest soccer specific facility in Ontario.

ON TOUR: Historic W.F. Mitchell Building (R)

The original “Physical Education Building”, the W.F. Mitchell Centre was opened in 1958, at a time when campus was less than 2,000 students and “gyms” were being designed for military training facilities. You’ll learn about and get to see transformations such as: the original ice rink converted to a gymnasium; arena change rooms turned into squash courts; rifle range modified to a yoga studio; a curling pad turned into a fitness studio; and the evolution of pool design. You may even get a glimpse of old curling rocks hidden away in the historic building.

ON TOUR: UC Kitchen Basement (R)

Join a Hospitality Services chef for a behind-the-scenes tour of the University Centre basement kitchen and learn more about how Hospitality Services has committed to sustainability at U of G. Discover the environmentally friendly initiatives run by Hospitality Services, including the #iamreusable campaign.

Personal Leadership at Work- #1 and #2 (R)

Leadership is not a position or title. It is an outlook, a way of looking at the world and ourselves in it. Personal leadership is about taking leadership of our selves – of our experiences, our habits and behaviours, and our interactions with others in our personal and professional lives. Learn more about yourself, enhance your leadership skills and gain insights into the behaviours and actions that are essential to success in the workplace.

Pilates: Free Fitness Class

Improve both posture and balance by learning to focus on controlled movements in order to strengthen the core and create stabilization around the joints.

Planetarium Program... What's up Tonight? (R) \$

Join guest instructor Trevor Chandler inside his planetarium for this amazing program. This series explores the planets, stars and constellations that are visible in the night sky. You’ll learn a few of the brighter constellations, as well as their mythology, in addition to the names of a few of the brighter stars as well as their lore and meaning. Guests will learn how to orient themselves in the sky and find the Big Dipper and how it can be used to find north.

Play with Paint Workshop (R)

We are often so consumed with the idea of being productive, that we lose our sense of play and appreciation for what the process of creation can gift us. This workshop invites a playful exploration of the paint medium and seeks to share how the power of play can reignite the freedom of the creative process.

Priority and Workload Management for Leaders (R)

This session is a workload/time management program that helps managers and leaders do more with less, execute on strategic priorities, and stay engaged by raising the bar in how they plan, focus, organize and manage expectations.

Recess League \$

Do you miss the good old days on the playground? Recess League runs weekly with a random sport picked each time inspired by school yard games. Have a mental wellness break in the middle of the work day!

Relaxation and Stress Management Skills (R) \$

This group educational program meets twice a week for 6 weeks (12 sessions in total) to maximize the opportunity to practice and develop strong skills in releasing body tension, and calming and focusing the mind. This program emphasizes skill acquisition and education about stress management and high performance. Learn to become more aware of stress responses, reduce uncomfortable responses to stress, recover more quickly from stress, and handle difficult situations more effectively.

Research Talk by Dr. Francesco Leri (R)

Dr. Francesco Leri will describe the work his lab does on the effects of drugs of abuse on memory. Dr. Leri is a Professor in the Department of Psychology at the University of Guelph. His general area of expertise is Behavioural Pharmacology and Neuroscience.

Roll n’ Release Yoga: Free Fitness Class

This vinyasa style class will use foam rollers, straps, small ball rolling & trigger point techniques to help elongate your fascia to improve flexibility, recovery & assist with joint pain. By relieving various tension points in the body, you will leave feeling rejuvenated & relaxed. No prior yoga experience required.

SafeTALK Training (R)

SafeTALK is an alertness training that prepares anyone, regardless of prior experience or training, to become a suicide-alert helper. The SafeTALK trainer will demonstrate the importance of suicide alertness and help participants identify ways people invite help when they’re at risk.

Self-Care and the Brain Talk (R)

This session will explain the effects that lack of exercise, reparative sleep and chronic stress can have on the neurons in your brain. Recommendations for these three topics will also be discussed, including explanations for what optimal exercise, sleep and stress can do for your learning and memory capacities.

Smoke-Free Peer Support Group

Drop by to speak with U of G community members and a quit coach to talk about challenges and successes on the road to becoming smoke-free. For more information, email smokefree@uoguelph.ca. Everyone is welcome.

STOP Worrying (R) \$

This evening workshop provides information about worrying, and teaches practical strategies to curb worry and decrease its negative impact on mood and performance.



Take a Break: Free hot beverage for all employees

Taking regular breaks during the work day can help you de-stress and recharge. Faculty and staff are invited to stop by select locations between 9:30 and 11:00 a.m. for a free medium coffee, tea or hot chocolate from Tim Hortons. Bring along your colleagues. This opportunity is available for all U of G employees! An event for night shift employees is also available.

Take a Paws: Comfort Dog Visits (R)

University of Guelph staff and faculty: Is work hounding you? Take a paws from your meetings, report writing, studies and deadlines, to chill out with certified comfort dogs. Three dogs and their owners will be available for small group visits of 15 minutes each. Please register early; spaces fill up quickly!

The Why and How of Territorial Acknowledgements

Have you ever wondered about the statements said at the beginning of events? Do concerns about making a mistake hold you back from trying? Despite becoming more common as an act of reconciliation, the context behind and process for acknowledging Indigenous lands is not always understood or discussed. Participants in this session will gain a greater understanding of the intention and meaning behind why land acknowledgements take place, and how to develop their personal practice for acknowledging the land.

Think Pink Fundraising for Breast Cancer Awareness

Gryphon Football are running a “pink wall” event at the UC to raise donations for breast cancer. For a donation, you can write on a breast cancer sticker and put it up on the wall. Also, for a minimum \$10 donation you can receive a pair of pink mittens. Football Advancement will match donations for the pink wall, mitts and hoodies up to \$2500.

Transitioning from Employee to Manager (R)

This program is designed to support employees who have recently been promoted into a supervisory or managerial role or someone who has been identified as moving into that role. Participants will learn what it means to be a new supervisor/manager, the scope of the position, everyday concerns and pitfalls they may experience and strategies for addressing them. The program will introduce participants to tools that will help them make effective decisions with respect to their employees, and will define the knowledge, skills and aptitudes that are vital to a new supervisor/manager’s success.

Waste Reduction Week

On October 21-25, Canada recognizes Waste Reduction Week. Throughout the week, we celebrate our progress with environmental initiatives while also looking for new innovative ways to live a more sustainable lifestyle. Each day of the week has a different theme, to provide education and ideas around how each of us can take action to make more environmentally friendly choices day to day.

Wednesday Walks at the Arboretum

The Arboretum’s Naturalist Intern leads one hour long walks every Wednesday year-round. Walks start at The Arboretum kiosk at 12:15 p.m.

Wellness Friday: Establishing Work-Life Harmony (R) 📺

Many of us feel overwhelmed by competing work and family demands. This session helps participants identify their key work/life stressors, clarify their values and develop skills and strategies to effectively prioritize their time and energy.

Wellness Friday: Making Shiftwork Work for You (R) 📺

Shift workers know first-hand the challenges of fighting the body’s natural sleep-wake pattern and the strain that shiftwork can sometimes put on their health and well-being. This session will help participants identify the challenges and stressors that are unique to shiftwork, as well as strategies that may be helpful in improving sleep, eating healthy, and establishing routines that are helpful.

Women’s Mid-Life Sleep Workshop (R) \$

The most common and severe symptom of peri-menopausal women is poor sleep! This workshop provides drug-free information and strategies for decreasing hot flashes, insomnia and other sleep disturbances experienced by peri-menopausal women.

World Mental Health Day

Each year the World Health Organization encourages us all to recognize World Mental Health Day to help raise awareness of mental health issues globally and take action enhance mental health support.

Zumba: Free Fitness Class

This Latin dance fitness class combines fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.

