

FEBRUARY 2025

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NEW Days	4 Free Drop-In Recreational Skate One Size Doesn't Fit All: How to Lead Neurodivergent Employees	5	6	7
10 U of G on Tour: Get to Know Your Campus Athletics & Recreation Facilities	11 U of G on Tour: Bovey and Tropical Greenhouse Tour	12 Compassionate Care Circle (Animal Care and use Community)	13 Transitioning from Employee to Supervisor/Manager	14 Nominate a colleague for the February "G" Thanks! Prize
17 STAT - Family Day	18 Take Your Break: Free Hot Beverage for all Employees RBC Lunch and Learn: Retirement Planning and Transition	19	20 Cultivating Self-Compassion in the Workplace	21 Wellness Friday: The Emotional Effects of Retirement
24 Morning Mindful Moment	25 Equity Essentials – Call it out? Identifying and Responding to Microaggressions	26 Targeting Bullying and Harassment in the Workplace	27 Intercultural Competence for Faculty and Staff	28 Wellness Friday: Building Resilience: Understanding Challenges, Learning Strategies, and Accepting Change U of G Little Shop of Horrors (\$)



Weekly Occurrences:

- Every Tues: [Free In-Person Yoga](#)
- Every Wed: [Noon hour Walk in the Arboretum](#)