

JANUARY 2025

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>January Wellness Challenge: Simplify and return to your routine after the holidays by completing the “Reset Bingo Challenge”. Enter to win 1 of 5 \$25 Hospitality gift cards.</p>		<p>1</p> <p>New Years Day</p>	<p>2</p> <p>U of G Resource Highlight: Walk Like a Penguin. Preventing Slips, Trips and Falls this Winter.</p>	<p>3</p> <p>U of G Resource Highlight: Working in Cold Environments</p>
<p>6</p> <p>U of G Resource Highlight: View U of G Fitness & Recreation Offerings for Staff and Faculty</p>	<p>7</p>	<p>8</p>	<p>9</p> <p>NRG Zone Drop-In: Free Employee Only Gym Access</p>	<p>10</p>
<p>13</p> <p>Learn about Physical Activity on Campus: Q&A with Athletics & Recreation</p>	<p>14</p> <p>NRG Zone Drop-In: Free Employee Only Gym Access</p>	<p>15</p>	<p>16</p> <p>Soft and Slow: A Creative Workshop on Slowing Down</p>	<p>17</p> <p>Wellness Friday: Establishing Work / Life Harmony</p>
<p>20</p>	<p>21</p> <p>RBC Lunch and Learn: Principles of Successful Investing + RRSP Vs. TFSA Vs. RESP</p>	<p>22</p> <p>Improving Workplace Communication</p>	<p>23</p>	<p>24</p> <p>NRG Zone Drop-In: Free Employee Only Gym Access</p>
<p>National Non-Smoking Week - View smoking cessation resources to cope, quit or be there for a friend</p>				
<p>27</p>	<p>28</p> <p>Exercises and Mobility Tips for Desk Workers</p> <p>Equity Essentials – Intersectional Allyship</p>	<p>29</p> <p>Mental Health First Aid</p>	<p>Nominate a colleague for the January "G" Thanks! Prize</p> <p>Weekly Occurrences:</p> <ul style="list-style-type: none"> • Every Tues: Free In-Person Yoga • Every Wed: Noon hour Walk in the Arboretum 	

Learn more and register online: uoquelph.ca/wellnessatwork/