

JANUARY 2020

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMINDER: If you would like to join the February Wellness@Work Book Club meeting, the next book is “Ready to Come About” by local author Sue Williams. Start your reading this month!		1 New Year’s Day	2 JANUARY CHALLENGE: What’s your 20 for 2020? Make your list today! Recess League	3
6 BLOG POST: U of G Recognized for 2019 Canada’s Healthy Workplace Month® Great Employer Award	7 Free Classical Yoga with Lalit Intro to Plant-Based Living at Goodness Me!	8 Wednesday Walk at the Arboretum	9 Recess League BLOG POST: Myth Busting: Athletic Complex Edition	10 Wellness Friday: The Journey to Wellness One Step at a Time Labyrinth Drop-in
13 Blood Donor Clinic	14 Free Classical Yoga with Lalit	15 Wednesday Walk at the Arboretum	16 Positive Thinking for Vitality at Work Recess League	17 Mental Health First Aid: Day 1 Labyrinth Drop-in
20 National Non-Smoking Week Vision Board Workshop at Goodness Me! \$	21 Free Classical Yoga with Lalit	22 Wednesday Walk at the Arboretum	23 Grow Through Change #1 Recess League Women, Work and Wellness Event	24 Mental Health Friday Aid: Day 2 Wellness Friday: Healthy Sleep Habits Labyrinth Drop-in
27	28 U of G, Let’s Talk: A Conversation on our Journey to Creating a Thriving Workforce	29 Bell Let’s Talk Day Wednesday Walk at the Arboretum Skillful Conflict Management for Leaders: Part 1	30 ON TOUR: Bovey Teaching Greenhouse Recess League	31 Board Games Meetup Labyrinth Drop-in