

NOVEMBER 2024

Wellness@Work Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>November is Men's Health Awareness Month. According to Statistics Canada, suicide rates are approximately 3 times higher among men compared to women. Explore resource HeadsUpGuys to learn more about men's mental health and to get the support you need.</p>				1
4 Virtual NEW Days	5 On-Campus Flu Shot Clinic	6 Leading Your Team Through Change	7 Women, Work & Wellness - Laughter and Liberation: Sharing our Embarrassing Stories! Decreasing Headaches (\$) On-Campus Flu Shot Clinic	8 <u>Indigenous Veterans Day</u>
11 <u>Remembrance Day</u> Get to know your Athletics & Recreation Facilities	12 RBC Lunch & Learn Wills and Estate Planning	13 <u>World Kindness Day</u> Self-Compassion Anxiety Skills and Strategies Begins (\$)	14	15 Languishing: Reducing feelings of stagnation Free Drop-In Recreational Skating
18 Submit a monthly "G"Thanks! Nomination!	19 Acknowledging Indigenous Lands	20 Mental Health First Aid Evidence-Based Strategies to get Better, Restful Sleep	21	22
25	26	27	28	29
National Addictions Awareness Week - View smoking cessation resources to cope, quit or be there for a friend				
		Beyond the Books Mental Health Literacy Training Eating for Energy	Free Drop-In Recreational Skating	Loneliness & Isolation Fatigue - Self-Care Strategies

A December 2024 Wellness Calendar will not be published. Instead, drop by the Gryphon Centre Arena between 11:45am and 12:50pm on Dec 5 for recreational skating and to sip on some hot chocolate as we ease into the holiday season. **Register now** to help us estimate hospitality!