

September 2024

Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Labour Day</p>	<p>3</p> <p>Resource: Explore the Campus Map</p>	<p>4</p> <p>Resource: Explore Your McLaughlin Library Resources</p> <p>Community Breakfast</p>	<p>5</p> <p>Resource: Employee and Family Assistance Program</p>	<p>6</p>
<p>9</p> <p>Virtual NEW Days</p> <p>Get to know your Athletics Facilities</p>	<p>10</p>	<p>11</p>	<p>12</p> <p>U of G on Tour: Get to know your U of G Guelph Campus</p>	<p>13</p> <p>Wellness Friday: Supporting Employee Wellness</p>
<p>16</p> <p>Learn about Physical Activity on Campus: Q&A with Athletics & Recreation</p>	<p>17</p> <p>U of G on Tour: Trial Gardens</p>	<p>18</p> <p>Staff Recess League – Pickleball (\$)</p> <p>Priority and Workload Management for Staff</p> <p>safeTALK Suicide Prevention Training</p>	<p>19</p> <p>Inclusive Leadership – Applying Anti-Oppressive and Anti-Racism Lenses to Decision-Making</p>	<p>20</p>
<p>23</p> <p>Tapping into the Power of Appreciation and Recognition</p> <p>Learn to Lift for Staff Mondays Starts (\$)</p>	<p>24</p>	<p>25</p> <p>Learn to Lift for Staff Wednesdays Starts (\$)</p> <p>Beyond the Books Mental Health Literacy Training</p>	<p>26</p>	<p>27</p> <p>Wellness Friday: Understanding and Preventing Burnout</p>
<p>30</p> <p>Orange Shirt Day & National Day for Truth and Reconciliation</p>	<p><u>Submit a monthly “G”Thanks! Nomination!</u></p> <p>Weekly Occurrences:</p> <ul style="list-style-type: none"> • Every Tues: Free in person Yoga • Every Wed: Noon Hour Arboretum Walks 			