

Read EHS's tips on [Sun Safety](#), [Working in Hot Environments](#), and [Exposure to Ticks](#)!

Summer 2024

Wellness@Work Programming

June 2024

S	M	T	W	T	F	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 2024

S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2024

S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Calendar of Events

- June 3** | [Get to Know Your Athletics & Recreation Facilities](#)
- June 7** | [Wellness Friday: Sexual Identity and 2SLGBTQ+ Mental Health](#)
- June 7** | [Immerse in the Synergy of the Natural World](#)
- June 20** | [Art on Campus: Tour of the summer exhibition season at the Art Gallery of Guelph](#)
- June 21** | [International Day of Yoga on Johnston Green](#)
- June 24** | [Morning Mindful Moment](#)
- July 5** | [Wellness Friday: Inner Strength](#)
- July 8** | [Get to Know Your Athletics & Recreation Facilities](#)
- July 11** | [U of G on Tour: Honey Bee Research Centre](#)
- July 17** | [Power of Fun](#)
- July 24** | [Mental Health First Aid](#)
- July 25** | [First Aid \(Emergency\), CPR Level C, AED](#)
- Aug 12** | [Get to Know Your Athletics & Recreation Facilities](#)
- Aug 16** | [Wellness Friday: Foundations of Positive Parenting](#)
- July 1 & Aug 5** | [Stat Holidays](#)
- Tues** | [Classical Yoga](#) ↻
- Wed** | [Arboretum Wednesday Noon Walks](#) ↻

