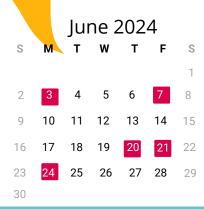
Read EHS's tips on Sun Safety,
Working in Hot
Environments, and
Exposure to
Ticks!

Summer 2024

Wellness@Work Programming



July 2024										
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28	29	30	31							

August 2024										
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18	19	20	21	22	23	24				
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Calendar of Events

- Get to Know Your Athletics & Recreation Facilities

 Wellness Friday: Sexual Identity and 2SLGBTQ+ Mental Helath

 Immerse in the Synergy of
- the Natural World

 Art on Campus: Tour of the summer
- Art on Campus: Tour of the summer exhibition season at the Art Gallery of Guelph
- International Day of Yoga on Johnston Green
- Morning Mindful Moment

- Wellness Friday: Inner Strength
- Get to Know Your Athletics & Recreation Facilities
- U of G on Tour: Honey Bee Research Centre
- 17 Power of Fun
- Mental Health First Aid
- 25 First Aid (Emergency), CPR Level C, AED

- 12 Get to Know Your Athletics & Recreation Facilities
- | Wellness Friday: Foundations of Positive Parenting
- July 1 & Stat Holidays
- Tues Classical Yoga 🗘
- Wed Arboretum Wednesday
 Noon Walks

