

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

## Wellness Challenges Run October 1 - 29

■ **Move Better, Feel Better**

■ **Gratitude BINGO**

<p><b>4</b> <b>4 Mental Illness Awareness Week</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">CMHA Webinar: Family Education Series – Stress Management</a></li> <li>■ <a href="#">Guelph FHT: Intro to Mindfulness</a></li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Free Classical Yoga</a></li> <li>■ <a href="#">Thankful Tuesday Prompt</a></li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Feeling Like a Fraud? Strategies to overcome Imposter Syndrome &amp; Thrive</a></li> <li>■ <a href="#">Support U of G's United Way Campaign</a></li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Free Classical Yoga</a></li> <li>■ <a href="#">Coach Yourself</a></li> <li>■ <a href="#">CMHA: Understanding Mental Health</a></li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Campus Mile: Healthy Workplace Month Lunch Event 2021</a></li> <li>■ <a href="#">Wellness Friday: Establishing Work/Life Harmony</a></li> </ul>
<p><b>11</b></p> 	<p><b>12</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Free Classical Yoga</a></li> <li>■ <a href="#">Thankful Tuesday Prompt</a></li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">CMHA Webinar: The Power of Mindfulness and Gratitude</a></li> <li>■ <a href="#">The Arboretum's Activity Booklet for the Young Naturalist</a></li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Free Classical Yoga</a></li> <li>■ <a href="#">Guelph FHT: Calming Strategies, Guided Imagery</a></li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Mood Routes Walk</a></li> <li>■ <a href="#">Fall Watercolour Painting Series: Part 1 (Basics)</a></li> <li>■ <a href="#">Guelph FHT Fit to Move Challenge Ends</a></li> </ul>
<p><b>18</b> <b>Indigenous Recognition Week at U of G</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Indigenous Inspired Menu Launch in UC</a></li> <li>■ <a href="#">Choose your Own At-Home Adventure</a></li> <li>■ <a href="#">Take Your Break: Free hot beverage voucher for employees</a></li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Free Classical Yoga</a></li> <li>■ <a href="#">Tactics to keep your hybrid team connected, engaged and productive</a></li> <li>■ <a href="#">Thankful Tuesday Prompt</a></li> <li>■ <a href="#">Intro to Indigenous Peoples Educational Webinar Hosted by the Indigenous Student Centre</a></li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Working with Worry &amp; Doubting Your Doubts</a></li> <li>■ <a href="#">Beyond the Books: Mental Health Training</a></li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Free Classical Yoga</a></li> <li>■ <a href="#">Tapping into the Power of Employee Appreciation and Recognition During Covid-19</a></li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Mood Routes Walk</a></li> <li>■ <a href="#">Fall Watercolour Painting Series: Part 2 (Beginner)</a></li> <li>■ <a href="#">Exhale and Enjoy: GREAT at UofG Presents Live Virtual Concert with Danny Michel</a></li> </ul>
<p><b>25</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Assessing your Ergonomics</a></li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Free Classical Yoga</a></li> <li>■ <a href="#">Thankful Tuesday Prompt</a></li> <li>■ <a href="#">Ask the Arb</a></li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Understanding our Values and Guiding our Actions Workshop</a></li> <li>■ <a href="#">Virtual Bake Along: Take your Lunch break</a></li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Free Classical Yoga</a></li> <li>■ <a href="#">Guelph FHT: Calming Strategies, Progressive Muscle Relaxation</a></li> <li>■ <a href="#">Virtual constellation "Walk" (\$)</a></li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Mood Routes Walk</a></li> <li>■ <a href="#">Fall Watercolour Painting Series: Part 3 (Intermediate)</a></li> <li>■ <a href="#">Wellness@Work Virtual Connection Program Registration Deadline</a></li> <li>■ <a href="#">Métis Dot Painting Hosted by the Indigenous Student Centre</a></li> </ul>
				<p><b>29</b></p> <ul style="list-style-type: none"> <li>■ <a href="#">Wellness Friday: Building Working Relationships</a></li> <li>■ <a href="#">Mood Routes Walk</a></li> <li>■ <a href="#">Support U of G Student Foodbank</a></li> </ul>

Please visit [www.uoguelph.ca/wellnessatwork/healthy-workplace-month](http://www.uoguelph.ca/wellnessatwork/healthy-workplace-month) to learn more about each event and complete the registration.