

WEEKEND: SAT/SUN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 'Celebrate Our Spaces' Photo Contest Starts! Submit photos of your favourite UofG places and tell us why you love them. Prizes will be awarded. Submit photos to: wellnessatwork@uoguelph.ca</p>	<p>2 Launch Party! 12:10pm GGAC, Event Centre Free Healthy snacks & fun activities! More details on reverse.</p> <p>Training: New Days 9am - 4:30pm UC RM 442 Free Intro to U of G for new employees. Registration required. More details on reverse.</p>	<p>3 Training: New Days 9am - 4:30pm UC RM 442 Free An intro to U of G for new employees. Registration required. More details on reverse.</p> <p>Pilates for All Fitness Levels 12:10pm - 12:50pm GGAC, Studio 3214 Free More details on reverse.</p>	<p>4 UofG Historical Walking Tour 12pm - 1pm Meet outside of Johnston Hall Free Registration required. More details on reverse.</p> <p>Training: Managing Conflict at Work 9am - 4pm UC Room 442 Free Registration required. More details on reverse.</p>	<p>5 Flex Fitness Class 12:10pm - 12:50pm GGAC, Studio 3214 Free</p> <p>Join your colleagues for a whole-body, muscle, strength, and endurance workout. More details on reverse.</p>	<p>6 Training: Establishing Work-Life Harmony  12pm - 1pm Alexander Hall, RM 168 or by webinar Free</p> <p>Identify key work-life stressors, clarify values and develop skills and strategies to prioritize your time and energy effectively.</p> <p>Registration required. More details on reverse.</p>
<p>7/8</p>	<p>9 Thanksgiving Monday</p>	<p>10 Pilates for All Fitness Levels 12:10pm - 12:50pm GGAC, Studio 3214 Free More details on reverse.</p> <p>Retirement Income Planning 12pm - 1:30pm Alexander Hall, Room 168 Free Registration required. More details on</p> <p>Creating a Healthy Work Climate  3:15pm - 4:45pm University Club Free Registration required. More details on reverse.</p>	<p>11 Training: Building Resilience - Letting Go & Moving Forward 9am - 4pm UC, RM 442 Free Registration required. More details on reverse.</p> <p> THINK PINK Fundraising 9am - 5pm in the UC Courtyard</p>	<p>12 Leave for Change Impact Presentation  12pm - 1pm UC RM 442 Free More details on reverse.</p> <p>Cardio Kickbox Fitness Class 6pm - 7pm GGAC, Studio 3214 Free More details on reverse.</p>	<p>13 Intro to Health & Safety 12pm - 1pm Alexander Hall, RM 168 Free Registration required. More details on reverse.</p>
<p>14/15  Sat. 14th THINK PINK Football Game 1pm Alumni Stadium Adult \$20, Non-U of G Student \$5, U of G Students Free Portion of ticket sales will be donated to the Canadian Breast Cancer Foundation. Breast cancer survivors will be honoured during the coin toss. First 1,000 fans receive a pink Gryphon scarf & thunderstick.</p>	<p>16</p>	<p>17 Training: Teamwork w/ Impact 9am - 12pm UC Room 442 Free Registration required. More details on reverse.</p> <p>Pilates for All Fitness Levels 12:10pm - 12:50pm Guelph Gryphons Athletic Centre, Studio 3214 Free More details on reverse.</p> <p>Guelph Campus - A Walking Tour 12:10pm & 1:50pm Meet at the cannon in Branion Plaza Free More details on reverse.</p>	<p>18 Mindful Eating Jump Start  12:15pm - 12:45pm GGAC, Gryphon Lounge or by webinar Free</p> <p>Learn about mindful eating and the non-diet approach from Alida Finnie, Registered Dietitian. More details on reverse.</p>	<p>19 Balanced Body Fitness Class 7am - 8am GGAC, Studio 302 Free</p> <p>Join your colleagues and challenge your body in this early morning interval training workout. More details on reverse.</p>	<p>20 Training: Priority & Workload Management for Leaders 9am - 12:30pm UC, RM 442 Free Registration required. More details on reverse.</p> <p>Training: The Fundamentals of Change & Transition 12pm - 1pm Alexander Hall, Room 168 or by webinar Free Registration required. More details on reverse.</p>
<p>21/22</p>	<p>23 Hospitality Services: Healthy Lifestyles Week Purchase a special healthy meal combo for dinner from 4:30pm - 6pm at Creelman Hall, Centre Six or Prairie Hall. Dine-in or have your meal packaged to take home. Each day, a different healthy combo will be offered. More details on reverse.</p> <p>Runs from Oct. 23 - 26</p>	<p>24 'Celebrate Our Spaces' Photo Contest Ends!</p> <p>Pilates for All Fitness Levels 12:10pm - 12:50pm GGAC, Studio 3214 Free More details on reverse.</p>	<p>25</p>	<p>26 Free 15min Massages 3:30pm - 6:30pm UC Peter Clark Hall Free Registration required. More details on reverse.</p> <p>Training: Building Leadership Effectiveness 9am - 4pm Arboretum Centre Free Registration required. More details on reverse.</p>	<p>27 Training: Building Leadership Effectiveness 9am - 4pm Arboretum Centre Free Registration required. More details on reverse.</p> <p>Glow in the Dark Yoga 7:30pm - 8:30pm GGAC, Studio 302 Free More details on reverse.</p>
<p>28/29</p>	<p>30 Blood Donor Clinic  10am - 4pm UC, Peter Clark Hall</p> <p>Give the gift of life by donating blood. For individual appointments, please register online or by phone. More details on reverse.</p> <p>blood.ca/18882DONATE 519-884-5646 x4883.</p>	<p>31</p>	<p> MENTAL HEALTH & WORKPLACE CULTURE  HEALTHY LIFESTYLES</p> <p> ORGANIZATIONAL SOCIAL RESPONSIBILITY  PHYSICAL ENVIRONMENT</p> <p> SESSION RECORDED & POSTED TO WELLNESS@WORK WEBSITE  WEBINAR OFFERED</p> <p>GGAC = Guelph Gryphons Athletics Centre UC = University Centre</p> <div style="text-align: right;">  <p>IMPROVE LIFE.</p> </div>		

WEEK ONE

(October, 1 - 6)

Celebrate Our Spaces Photo Contest

Oct 1 - 24 | Free

Submit photos of your favourite U of G places and tell us why you love them. Prizes will be awarded. Submit photos to wellnessatwork@uoguelph.ca

Healthy Workplace Month Launch Party

Oct 2 | 12:10pm - 12:50pm | Guelph Gryphons Athletics Centre, Event Centre | Free

Kick off Healthy Workplace Month with healthy snacks and fun activities! Join in for a group tabata* class or walk the track. *The instructor will offer modifications to accommodate all fitness levels.

Training: New Days

Oct 2 - 3 | 9am - 4:30pm | University Centre, Room 442 | Free

*Registration required: Phone: 56800 Email: landd@uoguelph.ca

An intro to U of G for new employees. Hear from different campus representatives about university governance, culture, history, facilities and services.

Brought to you by HR Learning & Development

Pilates for All Fitness Levels

Oct 3, 10, 17, 24 | 12:10pm - 12:50pm | Guelph Gryphons Athletic Centre, Studio 3214 | Free

The Pilates method focuses on core strengthening, breathing & alignment. This well-known exercise technique helps participants gain awareness of body alignment while strengthening key core and pelvic muscles to support posture and healthy spinal movement. Exercises will be modified for any known injuries.

Brought to you by the Health and Performance Centre

Historical Walking Tour

Oct 4 | 12pm - 1pm | Meet outside of Johnston Hall | Free

*Registration required: Phone: 56800 Email: landd@uoguelph.ca

Learn about U of G's rich history & its buildings.

Brought to you by HR Learning & Development

Training: Managing Conflict at Work

Oct 4 | 9am - 4pm | UC, Room 442 | Free

*Registration required: Phone: 56800 Email: landd@uoguelph.ca

Learn tools to manage yourself skillfully during conflict in this interactive training session.

Brought to you by HR Learning & Development

Flex Fitness Class

Oct 5 | 12:10pm - 12:50pm | Guelph Gryphons Athletics Centre, Studio 3214 | Free

Join your colleagues for a whole-body, muscle, strength, and endurance workout.

Brought to you by Athletics

■ Training: Establishing Work-Life Harmony

Oct 6 | 12pm - 1pm | Alexander Hall, Room 168 or by webinar | Free

*Registration required: Phone: 56800 Email: landd@uoguelph.ca

Identify key work-life stressors, clarify values and develop skills and strategies to prioritize your time and energy effectively.

Brought to you by Occupational Health and Wellness

WEEK TWO

(October, 7 - 13)

Training: Retirement Income Planning

Oct 10 | 12pm - 1:30pm | Alexander Hall, Room 168 | Free

*Registration required: Phone: 56800 Email: landd@uoguelph.ca

Learn about common strategies & tools you can consider when planning your income in retirement. Partners and spouses are welcome to attend. Pizza lunch provided.

Brought to you by HR Learning & Development and the Royal Bank of Canada

REC Training: Creating a Healthy Work Climate

Oct 10 | 3:15pm - 4:45pm | University Club | Free

*Registration required: Phone: 56800 Email: landd@uoguelph.ca

Facilitator: Maureen McKenna | Maureen will draw on her 20+ years of experience in organizational effectiveness to lead an engaging session for leaders on how to create a healthy work climate that can generate positive energy to power actions. She will highlight the importance of examining our behaviours and conversations at work to enhance work climate, and provide a practical tool that has the potential to make a positive difference. Refreshments will be provided.

THINK PINK Fundraising Activities

Oct 10 - 13 | 9am - 5pm | University Centre Courtyard Donations welcome

All donations will be matched by Gryphon Football.

Head to the UC to support the Guelph Gryphons Football Team's Breast Cancer Fundraising Initiative! Speak to the players and coaches and get pumped up for the game on Saturday! All donors can sign the Gryphon Football PINK WALL that will be displayed at the game on Saturday.

Training: Building Resilience – Letting Go & Moving Forward

Oct 11 | 9am - 4pm | University Centre, Room 442 | Free

*Registration required: Phone: 56800 Email: landd@uoguelph.ca

Learn what it takes to adapt well over time to difficult situations & stressful conditions. Develop the skills to be more able to adapt and cope in ways that help you manage adversity, let go & move forward.

Brought to you by HR Learning & Development

REC Leave for Change Impact Presentation

Oct 12 | 12pm - 1pm | University Centre, Room 442 | Free

Leave for Change allows staff and faculty to volunteer their talents, skills and experience to build capacity in another country. Learn from past program participants about their experiences in a one-hour, interactive panel session. Light refreshments will be provided. This program is offered in partnership with Uniterria.

Brought to you by HR Learning & Development

Cardio Kickbox Fitness Class

Oct 12 | 6pm - 7pm | Guelph Gryphons Athletics Centre, Studio 3214 | Free

Join your colleagues in a hi-low, floor-based cardio workout.

Brought to you by Athletics

Training: Introduction to Health and Safety

Oct 13 | 12pm - 1pm | Alexander Hall, Room 168 | Free

*Registration required: Phone: 56800 Email: landd@uoguelph.ca

Members of Joint Health and Safety Committees and Health and Safety Representatives will learn about their roles and powers under the Occupational Health and Safety Act.

Brought to you by Environmental Health and Safety

WEEK THREE

(October, 14 - 20)

THINK PINK Football Game

Oct 14 | 1pm | Alumni Stadium | Adult \$20; Non-U of G Student \$5

Come cheer on the Gryphons. A portion of ticket proceeds will be donated to the Canadian Breast Cancer Foundation. Breast cancer survivors will be honoured during the coin toss. The first 1,000 fans will receive a pink Gryphon scarf and a thunderstick.

Beautiful Spaces on Guelph Campus - A Walking Tour with Steve Nyman

Oct 17 | Tours depart at 12:10pm & 1:10pm sharp & last 30 mins | Meet at the cannon in Branion Plaza | Free

Come learn about beautiful and unique spaces on campus that you may never have seen before. For people that cannot attend, 15, 30 and 45-minute routes are posted online to try any time. Find the snack stops along the walk! Wear comfortable shoes and dress for the weather.

Training: Teamwork with Impact

Oct 17 | 9am - 12pm | University Centre, Room 442 | Free

*Registration required: Phone: 58317 Email: message@uoguelph.ca

Learn how to work effectively with team members including your team leader to contribute your best.

Brought to you by Learning & Development

REC Mindful Eating Jump Start

Oct 18 | 12:15pm - 12:45pm | Guelph Gryphons Athletics Centre, Gryphon Lounge or by webinar | Free

Gain confidence in knowing what, when and how much to eat, so you can live more and worry less about food, eating and your body. Learn about mindful eating and the non-diet approach from

Alida Finnie, Registered Dietician.

Brought to you by the Health and Performance

Balanced Body Fitness Class

Oct 19 | 7am - 8am | Guelph Gryphons Athletics Centre, Studio 302 | Free

Join your colleagues and challenge your body in this early morning interval training workout.

Brought to you by Athletics

Training: Priority and Workload Management for Leaders

Oct 20 | 9am - 12:30pm | University Centre, Room 442 | Free

*Registration required: Phone: 56800 Email: landd@uoguelph.ca

Learn to do more with less, execute on strategic priorities and stay engaged by raising the bar in how you plan, focus, organize and manage expectations.

Brought to you by HR Learning & Development

■ Training: The Fundamentals of Change and Transition

*Registration required: Phone: 56800 Email: landd@uoguelph.ca

Oct 20 | 12pm - 1pm | Alexander Hall, Room 168 or by webinar | Free

Explore strategies, frameworks, self-care tools and resources to navigate change.

Brought to you by Occupational Health and Wellness

WEEK FOUR

(October, 21 - 27)

Hospitality Services Presents: Healthy Lifestyles Week

Oct 23 - 26

Purchase a special healthy meal combo for dinner from 4:30pm - 6pm at Creelman Hall, Centre Six or Prairie Hall. Dine-in or have your meal packaged to take home. Each day, a different healthy combo will be offered.

Menu options are posted at: www.uoguelph.ca/wellnessatwork

Free 15 Minute Massages

Oct 26 | 3:30pm - 6:30pm | University Centre, Peter Clark Hall | Free

*Registration required: Phone: 58317 Email: message@uoguelph.ca

Receive a massage from students of the Cambridge School of Massage Therapy. Appointments will be filled on a first-come, first-served basis.

Training: Building Leadership Effectiveness

Oct 26 - 27 | 9am - 4pm | Arboretum Centre | Free

*Registration required: Phone: 56800 Email: landd@uoguelph.ca

A session for U of G managers and supervisors. Develop practices that transform values into action, vision into realities, obstacles into innovations and risks into rewards.

Brought to you by HR Learning & Development

Glow in the Dark Yoga Fitness Class

Oct 27 | 7:30pm - 8:30pm | Guelph Gryphons Athletics Centre, Studio 302 | Free

Join your colleagues while promoting health and well-being of both your body and mind.

Brought to you by Athletics

WEEK FIVE

(October, 28 - 31)

Blood Donor Clinic

Oct 30 | 10am - 4pm | University Centre, Peter Clark Hall

Give the gift of life by donating blood. For individual appointments, please register online or by phone. Bring your colleagues for a group appointment of 3+ people by booking with tara.gutscher@blood.ca or 519-884-5646 x4883. www.blood.ca/18882DONATE

Can't make it on October 30TH? Canadian Blood Services will provide free taxis to groups of 3+ people to their clinic located at 130 Silvercreek Pkwy. Donate in a group any time in October or throughout the year. Contact Tara Gutscher to book your appointment at tara.gutscher@blood.ca or 519-884-5646 x4883.



For more information, visit: uoguelph.ca/wellnessatwork or contact Melissa Horan, Wellness@Work Coordinator wellnessatwork@uoguelph.ca or ext. 56705