<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>Oct 1</td>
<td>Mental Illness Awareness Week</td>
<td>Get a Better Sleep Workshop</td>
<td>Eating for Mental Well-being</td>
<td>FHT to Move Activity Challenge Closures</td>
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<td></td>
<td>(Runs Oct. 1-22)</td>
<td></td>
<td>U of G Historical Walking Tour with Dr. Lisa Cox</td>
<td>Mental Health First Aid Part 1</td>
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<td>(Runs Oct. 1-22)</td>
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<td>Functional Flexibility Yoga</td>
<td>Establishing Work-Life Harmony</td>
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<td></td>
<td>Celebrate Our Spaces Photo Contest (Runs Oct. 1-22)</td>
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<td>Oct 2</td>
<td>Smoke-Free U of G Consultation Drop-in</td>
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<td>(Runs Oct. 1-22)</td>
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<tr>
<td>Oct 3</td>
<td>Happy Thanksgiving!</td>
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<td>Oct 4</td>
<td>Blood Donor Clinic</td>
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<td>Oct 5</td>
<td>World Mental Health Day</td>
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<td>Oct 8</td>
<td>Fire Prevention Week</td>
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<td>Oct 9</td>
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<td>Oct 10</td>
<td>Difficult Conversations - For Leaders</td>
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<td>Oct 11</td>
<td>Difficult Conversations - For Leaders</td>
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<td>Oct 12</td>
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<td>Oct 13</td>
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<td>Oct 14</td>
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<td>Oct 15</td>
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<td>Oct 17</td>
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<td>Oct 18</td>
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<td>Oct 19</td>
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<td>Oct 20</td>
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<td>Oct 22</td>
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<td>Oct 23</td>
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<td>Oct 31</td>
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Please visit [www.uoguelph.ca/wellnessatwork](http://www.uoguelph.ca/wellnessatwork) to learn more about each free event and complete registration where required. More details on reverse.
Mental Illness Awareness Week
Mental Illness Awareness Week is an annual public education campaign designed to help open the eyes of Canadians to the reality of mental illness and their role in helping to end the stigma around it.

Office Ergonomics Workshop
This training will be reviewing muscular-skeletal disorders (MSDs), symptoms of MSDs, ergonomics risk factors, and solutions. As well as an in-depth review of how to properly set up your workstation, identify awkward and potentially hazardous postures and movements, and how to work safely.

WEEK ONE
(October 1 - 7)

Campus Mile: Healthy Workplace Month Launch Event
Staff, faculty, and students are invited to celebrate the launch of Healthy Workplace Month with a Campus Mile. Join us at The Portico on Johnston Green at 5:30 pm on October 1st. Participants will walk, run, or roll a mile through U of G’s Campus. This is a chance for you to encourage your colleagues to embrace healthy habits, and to connect with colleagues, take in the sights and sounds of our beautiful campus, thereby enhancing your quality of life! This event is open to all partners from United Way’s mental health agencies will be available with information and resources from 11:45 am to 1:00 pm.

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Celebrating Our Spaces Photo Contest
What’s your favourite spot? Enter the celebrating your space contest by capturing your favourite spot on campus, and tell us why you like it so much. A panel of judges will select the top three photos along with the most creative photo. Submit photos to wellnessatwork@uoguelph.ca

Tours U of G’s Historical Walking Tour with Dr. Lisa Cox
Graduate students and alumni of U of G will lead you on a tour of the rich history of student experiences, architecture, research & innovation, stories of the University’s evolution.

Eating for Mental Health Workshop
Join this interactive session to learn about the connection between our food habits and mental well-being. You will learn specific tips and tools that can be helpful in managing stress, anxiety, depression, energy, and difficulties with concentration and focus.

Tour U of G’s Produce Facility and Bake Shop
Join a U of G sous chef and member of Campus Mile for an exclusive tour of the food processing room and the bakeshop. The produce facility processes a large number of fruits and vegetables during harvest season to be used in the winter.

WEEK TWO
(October 8 - 14)

Propaganda Workshop
Look. Listen. Learn. Be aware. Find your identity and community. Learn more about the essential steps to take in a fire, read safety tip sheets and view activities for fire safety awareness. Visit: http://ftpa.uoguelph.ca/

World Mental Health Day
World Mental Health Day is an occasion to raise awareness of mental health issues around the world and mobilize efforts in support of mental health. How do you promote mental health? Tweet using hashtag helpUofG: WellnessAtUofG

Mental Health in the Workplace Workshop
The workshop will include an overview of mental health and wellbeing in the workplace and strategies for self care and managing stress at work. THINK PINK Fundraising in Support of Breast Cancer
Head to the University Centre Courtyard to support the Guelph Gryphons Football team Cancer Fundraiser! Speak to the players and coaches and get pumped up for the game on Saturday! Al donation can sign the Gryphons Football PINK WALL, that will be displayed for the remainder of the season.

Having Difficult Conversations (For Staff)
This session will cover strategies for initiating and having a difficult conversation that will result in a productive discussion; tips and tools for initiating and managing a difficult conversation; and common mistakes to avoid while engaging in the difficult conversation.

Campus Walking Tour with Steve Nyman
Come learn about the University’s history from a student of the archives and a fixture of U of G’s campus, Steve Nyman. This tour will cover the campus history of student research & innovation, and significant individuals who have shaped every part of the University’s evolution.

Primary and Workload Management (For Leaders)
This workshop will help managers do less, execute on strategic priorities, and stay engaged by raising the bar in how they plan, focus, organize and translate expectations.

Roll N’ Release Workshop
This Vinyasa style yoga class will utilize foam rollers in order to help you elongate your fascia and therefore improve flexibility, recovery and mobility.

Mood Routes Walk
Mood Routes provide a step back from responsibilities and stresses, engage with others, and enjoy the healthy environment. This year Mood Routes will allow you to enjoy both the physical and emotional benefits of the University’s green spaces. Social distancing protocols will be in place.

SafeTALK: Suicide Alertness Training
SafeTALK is an alertness training that prepares anyone, regardless of prior experience or training, to become a suicide-alert helper. The goal of SafeTALK is to provide staff with skills to detect, face, and refer people facing mental health issues and to build capacity across campus on resources and support options available for students.

Beyond the Books
Beyond the Books is an instructional webinar that will first provide participants with general information on the prevalence of mental challenges and illness. It will then help participants to identify signs of troubled behavior and help build their capacity for immediate or preliminary discussion to determine if referral to a professional is necessary.

Managing Conflict at Work - For Staff
Conflict is a normal part of working with others. All people have different ideas, values, beliefs and viewpoints and occasionally that can lead to conflict. This day provides an introduction of concepts and tools needed to deal with conflict interactively.

Take a Paws
Deadlines getting you down? Take some time to get away from your busy day to chill out with certified comfort dogs. Groups of up to 20 can visit our indoor space for up to 15 minutes. Register in advance for this interactive event. Visit: https://wellnessatUofG/ website for further details and to register for a time slot.

The Emotional Effects of Retirement
Place to receive care, comfort and anxiety. Whatever the emotional response, retirement marks a transition to a new life stage and lifestyle in which daily routines, identity, and roles all change. This session will introduce participants to the emotional effects of retirement.

Gaining Buy-in and Making Change Stick
In this session, you will learn tools and strategies to have a difficult conversation that will result in a productive discussion; tips and tools for initiating and managing a difficult conversation; and common mistakes to avoid while engaging in the difficult conversation.

Guelph-Humber or at a research station – anywhere U of G is! – and

Pound® Class
Get loose with this fun full-body cardio class that uses weights training. Plates-inspired movements and cardio moves with drumming. Designed for all fitness levels. This class is being offered for free to all employees.

Mood Routes Walk
Mood Routes provide a step back from responsibilities and stresses, engage with others, and enjoy the healthy environment. This year Mood Routes will allow you to enjoy both the physical and emotional benefits of the University’s green spaces. Social distancing protocols will be in place.

World Mental Health Day
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Submit photos to wellnessatwork@uoguelph.ca

Submit photos to wellnessatwork@uoguelph.ca

WEEK THREE
(October 15 - 21)

Blood Donor Clinic
Give the gift of life to those in need by donating blood. Visit the website to sign-up for a time slot to donate: https://blood.ca/en.

Pilates Class
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.

WEEK FOUR
(October 22 - 28)

Gaining Buy-in and Making Change Stick
In this session, you will learn tools and strategies to have a difficult conversation that will result in a productive discussion; tips and tools for initiating and managing a difficult conversation; and common mistakes to avoid while engaging in the difficult conversation.

Mood Routes Walk
Mood Routes provide a step back from responsibilities and stresses, engage with others, and enjoy the healthy environment. This year Mood Routes will allow you to enjoy both the physical and emotional benefits of the University’s green spaces. Social distancing protocols will be in place.

Submit photos to wellnessatwork@uoguelph.ca

Submit photos to wellnessatwork@uoguelph.ca

WEEK FIVE
(October 29 - 31)

Beating Workplace Stress
In this workshop, you will learn skills to effectively deal with the stress of everyday working life through a series of interactive activities. Participants will gain a better understanding of the difference between reactive and proactive stressors, while becoming equipped with the evidence-based strategies for happier, healthier workplaces.

The Psychology of Well-Being Panel
This panel features renowned psychologists from the University of Guelph’s Centre for Addiction and Mental Health. We will be sharing tips and strategies for individuals to improve their personal well-being inside and outside of their office walls.

Pilates Class
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.

WEEK ONE
(October 1 - 7)

Establishing Work-Life Harmony
Many of us feel overwhelmed by job and family demands. This session helps participants identify their key work/ life stresses and teach strategies to effectively prioritize their time and energy.

Lost with this fun full-body cardio class that uses weights training. Plates-inspired movements and cardio moves with drumming. Designed for all fitness levels. This class is being offered for free to all employees.

If you have any questions, please contact wellnessatwork@uoguelph.ca.