Join the Campus Mile: Healthy Workplace Month Launch Event

--- This message is sent on behalf of Don O'Leary, vice-president (finance, administration and risk) ---

Dear Colleagues,

The University of Guelph will celebrate its second annual Healthy Workplace Month this October.

To kick off the month, all staff, faculty and students are invited to take part in the Campus Mile, involving a walk, run or roll through campus.

This is a chance for you to engage in physical activity, connect with colleagues, take in the sights and sounds of our beautiful campus and support your mental well-being.

U of G’s Campus Mile - October 1:

11:45 a.m. – Resource fair and same-day registration

Noon – Opening Remarks: Don O’Leary, vice-president (finance, administration and risk) and Chair of the Wellness@Work Advisory Committee and Carrie Chassels, vice-provost (student affairs)

12:10 p.m. – Warm-up with Gryph

12:15 p.m. – Start your Campus Mile walk, run or roll!

12:30 – 1 p.m. – Snacks, refreshments, games and resource fair

Wellness partners from United Way and community mental health agencies will be at the Portico to provide information and resources throughout the event.

Learn more, pre-register and view the full event calendar for Healthy Workplace Month at https://www.uoguelph.ca/wellnessatwork/healthy-workplace-month.

I hope you are able to join this campus community event and take time out of your busy day to enhance your wellness!

Thank you,

Don O’Leary
Vice-President (Finance, Administration and Risk)
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