

# MARCH 2026

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 <a href="#">Unhooking from Praise and Criticism for Women</a>	4	5 <b><a href="#">GREAT at U of G Presents: Employee Appreciation Day Celebrations</a></b>	6 <b><a href="#">International Women's Day Breakfast Celebration and Panel Discussion</a></b>
9 <a href="#">Inclusive Leadership In Action: Embedding Anti-Oppression and Anti-Racism in Decision-Making</a>	10 <a href="#">Food, Energy &amp; Focus</a> <a href="#">Tapping into the Power of Appreciation and Recognition</a>	11 <a href="#">Mental Health First Aid Certification Day 1</a> <a href="#">Building Stronger Lower Backs: Prevention, Pain &amp; Practical Strategies</a>	12 <a href="#">Putting Your Strengths to Work</a>	13 <a href="#">GenEq Presents: Bold Women, Sustainable Futures - Supriya Verma Book Launch</a>
16	17	18 <a href="#">Mental Health First Aid Certification Day 2</a>	19	20
23 <a href="#">Staff and Faculty Track Walk</a>	24 <a href="#">RBC Lunch and Learn: Wills and Estate Planning</a>	25 <a href="#">Contributing to Psychological Safety as a Team Member</a>	26 <a href="#">Communicating with Power for Women</a>	27 <a href="#">Science of Sugar: Understanding Sugar and the Glycemic Index</a>
30 <a href="#">Nutrition Management for Poly Cystic Ovary Syndrome (PCOS)</a>	31 <a href="#">Art on Campus: Tour of the winter exhibition season at the Art Gallery of Guelph</a>			

## **Share your appreciation on the Employee Appreciation Day Kudoboard**

### Weekly Occurrences:

- [Every Tues: Free in person Yoga](#)
- [Every Wed: Noon Hour Arboretum Walks](#)
- [Every Thurs: Campus Food Market](#)

[Nominate a colleague for the March "G" Thanks! Prize](#)

Learn more and register online: [uoguelph.ca/wellnessatwork/](https://uoguelph.ca/wellnessatwork/)