

Wellness Wednesdays

Workshop Series 2023-24



The 2023-2024 Wellness Wednesdays calendar outlines a range of opportunities geared towards enhancing and supporting the health and wellbeing of University of Windsor employees. The sessions are listed in alphabetical order .

Title	October	November	December	January	February	March	April	May
Resiliency at Work	Oct. 18 9 - 10:30				Feb. 14 1 - 2:30			
Self Awareness and What It Means to You				Jan. 17 9 - 10:30				May 8 1 - 2:30
Self-care Strategies			Dec. 13 9 - 10:30				Apr.17 1- 2:30	
Stress Relief: Tools and Techniques for Everyone		Nov. 8 9 - 10:30				Mar. 27 1 - 2:30		



For detailed description, location, facilitator & to register, visit Human Resources website: met.uwindsor.ca/hr/workshops



Please direct your inquiries to employeeexperience@uwindsor.ca