


















May

Healthy Workplace activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Join the Every Day in May Challenge – engage in 30 minutes of physical activity each day in the month of May for a chance to win!</p>	<p>1 Bike to Work Month and the Every Day in May Challenge begin today! Take advantage of these fun challenges to help you get active as the weather gets nicer!</p>	<p>2</p>	<p>3 Container Gardening Workshop Kaia Nightingale 12 – 1pm 608 Robertson Hall</p> 	<p>4 Photography Series: Photo Manipulation May 4, 11, 18 & 25 Chris Strangemore Noon – 1pm 481 Library</p> 	<p>5 Life Sciences Day 8:30am – 4:00pm 2nd Floor Richcraft Hall Check out the keynote speaker, panel discussions, research presentations and program demos!</p>	<p>6 <i>The Ottawa Farmers' Markets move outdoors tomorrow! Find them at Lansdowne Park, Byron Park and Ray Friel Centre!</i></p>
<p>7 North American Occupational Health & Safety (NAOSH) Week May 8 – 12 Check out all of the awesome events and training opportunities taking place this week!</p> 	<p>8 Resiliency Awareness Seminar 12 – 1pm 506 Tory Building Registration required</p>  <p>CU Amazing Race Register on the EHS website</p>	<p>9 Watch & Talk with Dr. Tina Daniels (Workplace Bullying) 8:30 – 9:30am 506 Tory Building</p>  <p>BioSafety Training 1:00 – 4:00pm</p>	<p>10 Health & Safety Info Fair 11am – 2pm UC Galleria</p>	<p>11 Photography Series: Photo Manipulation Noon – 1pm 481 Library</p>  <p>Steps for Safety 12 – 1pm</p>	<p>12 NAOSH Week Wrap-Up Lunch 12 – 1pm Fresh Food Company</p> 	<p>13 <i>Registration for spring/summer fitness classes at Carleton Athletics is now open! There is something for everyone! Check out the schedule: athletics.carleton.ca/fitness</i></p>
<p>14 Canadian Tulip Festival May 12 – 22 <i>Each year, the Tulip Festival celebrates the return of spring by showcasing over a million tulips across Canada's capital region!</i></p> 	<p>15 Diabetes Seminar Cindy Sass 12 – 1pm 482 Library</p> 	<p>16 Outdoor Volleyball Tuesdays/Thursdays Noon – 1pm Sand Court Behind Nesbitt Building</p> 	<p>17 Ultimate Frisbee Wednesdays Noon – 1pm Ravens Field</p> 	<p>18 Photography Series: Photo Manipulation Noon – 1pm 481 Library</p> 	<p>19</p>	<p>20 <i>Soak up the sun! Get outside over your lunch hour to get a quick mood boost and some Vitamin D.</i></p>
<p>21</p>	<p>22 Victoria Day University Closed</p>	<p>23 Going Dairy-Free Workshop Jane Skapinker, R.D. Noon – 1pm 2017 Dunton Tower</p> 	<p>24 Carleton Night at SupperWorks Nepean 4:30 – 6:00pm 15 Capella Court, Unit 127 Registration required</p> 	<p>25 Photography Series: Photo Manipulation Noon – 1pm 481 Library</p> 	<p>26</p>	<p>27 <i>The Great Glebe Garage Sale is on today! Get there early to find the best hidden gems!</i></p>
<p>28 <i>Cheer on your friends and neighbours running in Ottawa Race Weekend this weekend!</i></p>	<p>29 Verification Day 1 Excellence Canada will be on campus for two days, verifying Carleton's HWP Platinum level and Mental Health silver level applications</p>	<p>30 Verification Day 2 Excellence Canada will be on campus for two days, verifying Carleton's HWP Platinum level and Mental Health silver level applications</p>	<p>31</p>	<p>May is Bike to Work Month in Ottawa! Head to www.biketoworkottawa.ca and join the Healthy Workplace team. Track your commutes throughout the month of May for your chance to win cool prizes from the City of Ottawa! For the full list of Healthy Workplace activities and programs, visit our website: carleton.ca/hwp or click on the headings to be taken to their web pages.</p>		