

The Wellbeing Champions have come together to create some great free activities this week!



# MAY

10TH-14TH  
2021

## MONDAY 10th

12:00-12:45- Outdoor Workout with Mike

12:00-12:45- Campus Walk with Alice

13:45- 14:15 Guided Meditation with Madeline

15:00-15:45- Virtual Mystery Mingle

## TUESDAY 11th

12:00-12:45- Words of the Woods with Mark

12:00-12:45- Bracing for Change with Michele

12:00-12:45- Campus Walk with Terri

13:15-13:45- Stillness Meditation with Anna

## WEDNESDAY 12th

11:00-11:45- Virtual Mystery Mingle

12:00-12:45- Campus Walk with Elena

13:15-13:45- Green Emerald Waterfall Relaxation with Anna

15:00-15:45-Sound of Bath with Madeline

## THURSDAY 13th

12:00-12:45- Campus Walk with Alice

13:45-14:15- Guided Meditation with Madeline

14:00-15:00- Crafternoon With Melanie

15:15-16:00- Wellbeing with Louise

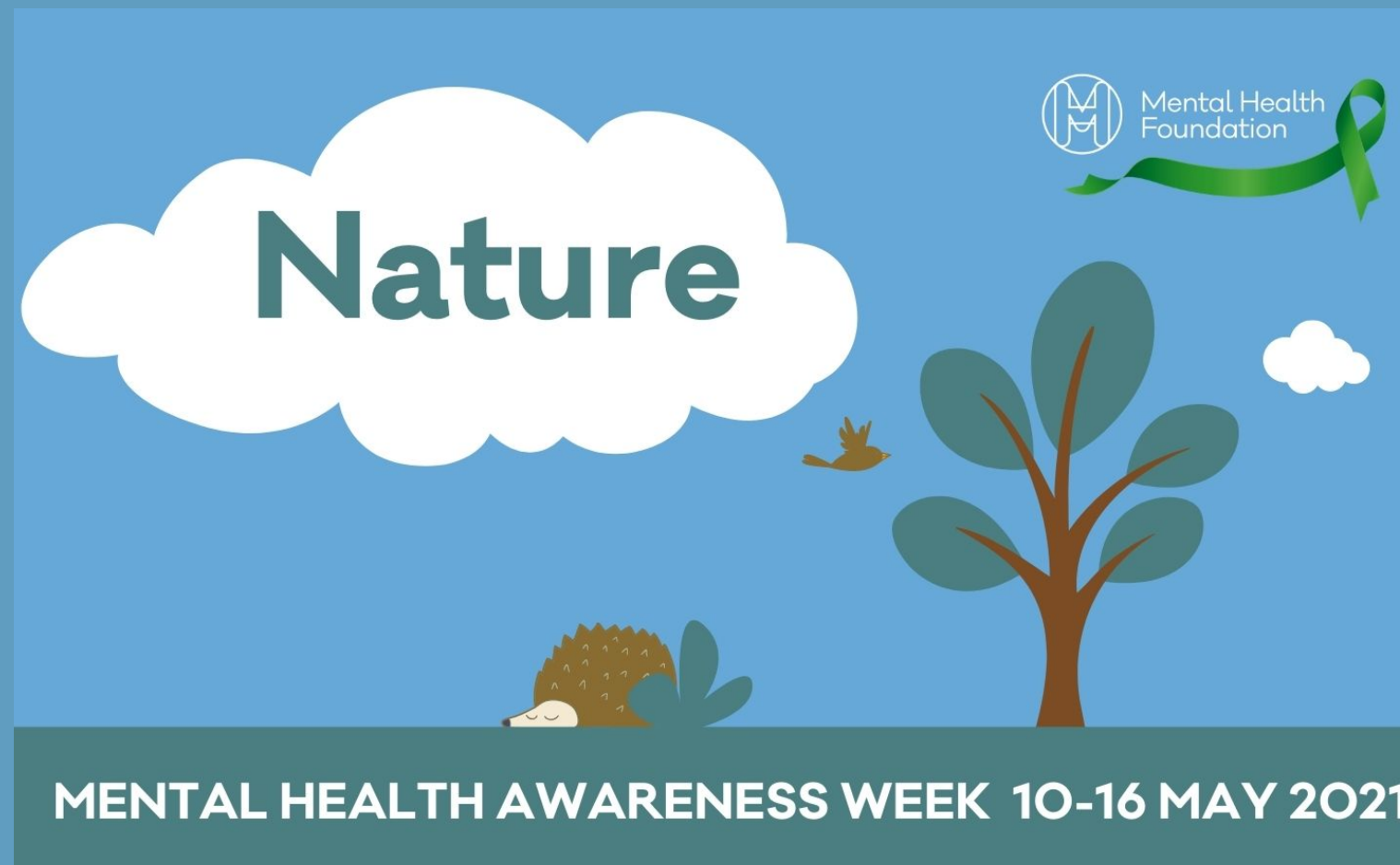
## FRIDAY 14th

11:00-11:45- Virtual Mystery Mingle

12:00-12:45- Outdoor Workout with Mike

12:00-12:45- Campus Walk with Terri

13:15-14:00- Twin Hearts Meditation with Anna



**DOWNLOADS ON THE WELLBEING PAGE:**

**RECIPIES  
BIRD WATCHING  
SOUL SPA**

**CHECK OUT OUR  
YAMMER GROUPS!**

