

# Positive Mental Health & Wellbeing Week

16th to 20th April 2018

## Free Workshops Sign up in the SSC

	Activity	Time	Venue
<b>Monday</b>	★ Tai Chi	🕒 P5	📍 TBC
	★ Tai Chi	🕒 P6	📍 TBC
	★ Mindfulness	🕒 12.30 - 12.55pm	📍 Solar Room nr Medical Room
	★ Mindfulness	🕒 1.25 - 1.45pm	📍 Solar Room nr Medical Room
	★ MMA	🕒 3-4pm	📍 Dance Studio in the ALC
<b>Tuesday</b>	★ Yoga	🕒 P5	📍 Dance Studio in the ALC
	★ Yoga	🕒 P6	📍 Dance Studio in the ALC
	★ MMA	🕒 3 - 4pm	📍 Dance Studio in the ALC
<b>Wednesday</b>	★ Tai Chi	🕒 P5	📍 TBC
	★ Tai Chi	🕒 P6	📍 TBC
	★ Mindfulness	🕒 12.30 - 12.55pm	📍 Solar Room nr Medical Room
	★ Mindfulness	🕒 1.25 - 1.45pm	📍 Solar Room nr Medical Room
<b>Thursday</b>	★ Yoga	🕒 P5	📍 Dance Studio in the ALC
	★ Yoga	🕒 P6	📍 Dance Studio in the ALC
	★ MMA	🕒 3-4pm	📍 TBC
<b>Friday</b>	★ Mindfulness	🕒 12.30 - 12.55	📍 Solar Room nr Medical Room
	★ Mindfulness	🕒 1.25 - 1.45	📍 Solar Room nr Medical Room

**1 Free  
Ice  
Cream**

Per student  
collect your  
ticket from  
your tutor



**Mindfulness  
Colouring Packs**

First come first served  
available from the SSC



**Sweets On  
Sale At  
Break  
In The  
Refectory**

