Bringing Living Well to You

This cross-campus initiative is designed to provide wellness opportunities to support the needs of graduate students, postdoctoral scholars, faculty and staff.

A member of our wellness team will travel to your space to provide an activity customized to your needs. These activities can include stretch breaks, physical activity sessions, lunch and learns, and wellness workshops. Taking the time to stretch, move, and breathe is important for both body and mind.

You are encouraged to contact Adam Craig, the Wellness Coordinator at Living Well @ Western, to discuss these opportunities.

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Examples of possible 10-minute wellness activities

A) For Office Workers

Stretching routine for the neck, shoulders, and forearms; strengthening exercises for the core and legs.

B) For Workers on their Feet

Chair-based stretching routine for employees that are on their feet all day.

C) Exercise Band Workout

Full-body resistance training

D) Take 10

Progressive muscle relaxation & mindful breathing