

Living Well @ Western

Bring Living Well to You allows a member of our wellness team to 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.

Contact Adam Craig, the Wellness Coordinator at Living Well @ Western, to discuss these opportunities.

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Examples of 10-Minute Wellness Activities

- A) Full-body Stretch Routine
- B) Stretching and Strengthening of Postural Muscles
- C) Resistance Band Exercises
- D) Progressive Muscle Relaxation
- E) Mindful Breathing / Guided Meditation