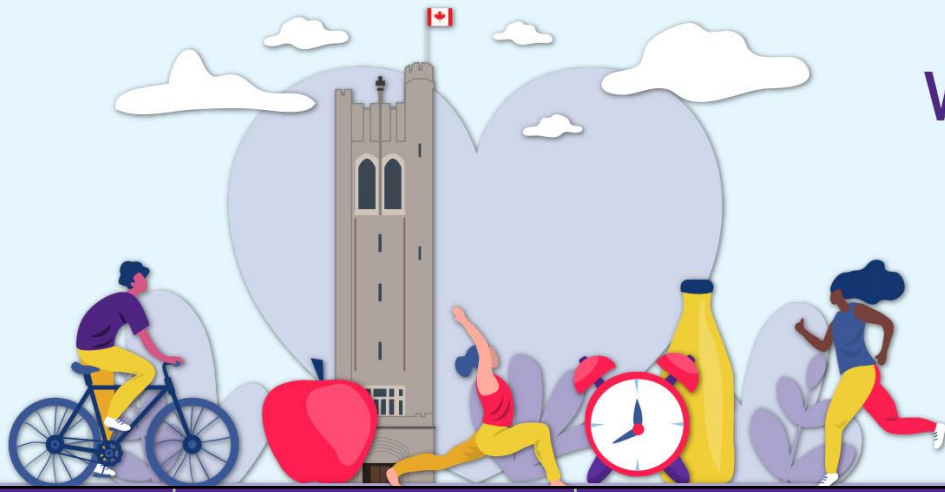


May

2024




Congratulations! 🎉 to last month's Internal Wellness Rewards winners: Amelia Seed (Student Experience) and Edit Somogyi (Kinesiology).



Western Employee Health Fair

Vendor Day - Wed., May 8 (10 a.m. - 2 p.m.)
Alumni Hall, Room 201

Self-Guided - Thur., May 9 - Fri. May 10
Support Services Building, Main Lobby (4th Floor)

Monday	Tuesday	Wednesday	Thursday	Friday
 Scan this QR code or visit Living Well @ Western to register for our wellness activities	 Visit the Living Well @ Western to sign up for our mailing list!	1 20-Minute Body Weight Workout 12:10 – 12:30 p.m.; 12:30 – 12:50 p.m. AHB Rm 2B15 Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.	2 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual Zumba 12:10 – 12:50 p.m. AHB Rm 2B15 *Wellness Walk	3 **Don Wright Faculty of Music Fridays @ 12:30 Pilates 12:10 – 12:50 p.m. AHB Rm 2B15
6 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual TRANSFORM 12:10 – 12:50 p.m. AHB Rm 2B15	7 20-Minute Body Weight Workout 12:10 – 12:30 p.m.; 12:30 – 12:50 p.m. AHB Rm 2B15	8 Western Employee Health Fair 10:00 a.m. – 2:00 p.m. Alumni Hall, Room 201 20-Minute Body Weight Workout 12:10 – 12:30 p.m.; 12:30 – 12:50 p.m. AHB Rm 2B15 Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.	9 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual Zumba 12:10 – 12:50 p.m. AHB Rm 2B15 *Wellness Walk	10 **Don Wright Faculty of Music Fridays @ 12:30 Pilates 12:10 – 12:50 p.m. AHB Rm 2B15
Western Employee Health Fair				
13 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual TRANSFORM 12:10 – 12:50 p.m. AHB Rm 2B15	14 Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15	15 20-Minute Body Weight Workout 12:10 – 12:30 p.m.; 12:30 – 12:50 p.m. AHB Rm 2B15 Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.	16 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual Zumba 12:10 – 12:50 p.m. AHB Rm 2B15 *Wellness Walk	17 **Don Wright Faculty of Music Fridays @ 12:30 Pilates 12:10 – 12:50 p.m. AHB Rm 2B15
20 	21 Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15	22 20-Minute Body Weight Workout 12:10 – 12:30 p.m.; 12:30 – 12:50 p.m. AHB Rm 2B15 Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.	23 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual Zumba 12:10 – 12:50 p.m. AHB Rm 2B15 *Wellness Walk	24 **Don Wright Faculty of Music Fridays @ 12:30 Pilates 12:10 – 12:50 p.m. AHB Rm 2B15
27 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual TRANSFORM 12:10 – 12:50 p.m. AHB Rm 2B15	28 Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15	29 20-Minute Body Weight Workout 12:10 – 12:30 p.m.; 12:30 – 12:50 p.m. AHB Rm 2B15 Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.	30 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual Zumba 12:10 – 12:50 p.m. AHB Rm 2B15 *Wellness Walk	31 **Don Wright Faculty of Music Fridays @ 12:30 Pilates 12:10 – 12:50 p.m. AHB Rm 2B15

Notes

*Wellness Walks on Thursdays OR Fridays: Email Ben Souriol (bsouriol@uwo.ca) to participate meet at BGSB (rain or shine)

**Don Wright Music at von Kuster Hall, Music Building as well as via [livestream](#)