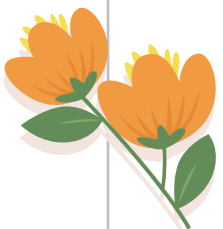







April 2024



Congratulations! 🎉 to last month's Internal Wellness Rewards winners: Martha Elliott (Wellness & Well-being) and Yamile Cespedes Perez (Office of the Registrar).



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>TRANSFORM 12:10 – 12:50 p.m. AHB Rm 2B15</p> 	<p>2</p> <p>Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>Zen Meditation 2:00 – 2:20 p.m. AHB Rm 2B15</p>	<p>3</p> <p>20-Minute Body Weight Workout 12:10 – 12:30 p.m.; 12:30 – 12:50 p.m. AHB Rm 2B15</p> <p>Sustainability Impact Showcase 2:00 – 3:00 pm Weldon Library (Community Room)</p>	<p>4</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>*Wellness Walk</p> 	<p>5</p> <p>**Don Wright Faculty of Music Fridays @ 12:30</p> <p>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</p>
<p>8</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>TRANSFORM 12:10 – 12:50 p.m. AHB Rm 2B15</p>	<p>9</p> <p>Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>Zen Meditation 2:00 – 2:20 p.m. AHB Rm 2B15</p> 	<p>10</p> <p>20-Minute Body Weight Workout 12:10 – 12:30 p.m.; 12:30 – 12:50 p.m. AHB Rm 2B15</p>	<p>11</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>*Wellness Walk</p>	<p>12</p> <p>**Don Wright Faculty of Music Fridays @ 12:30</p> <p>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</p>
<p>15</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>TRANSFORM 12:10 – 12:50 p.m. AHB Rm 2B15</p> 	<p>16</p> <p>Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>Zen Meditation 2:00 – 2:20 p.m. AHB Rm 2B15</p>	<p>17</p> <p>20-Minute Body Weight Workout 12:10 – 12:30 p.m.; 12:30 – 12:50 p.m. AHB Rm 2B15</p> <p>Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.  Virtual</p> 	<p>18</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>*Wellness Walk</p>	<p>19</p> <p>**Don Wright Faculty of Music Fridays @ 12:30</p> <p>(Webinar) Student Experience (GBSV) and ANOVA present: More than the Birds & Bees 12:00-1:00 p.m.</p> <p>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</p>
<p>22</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>TRANSFORM 12:10 – 12:50 p.m. AHB Rm 2B15</p>	<p>23</p> <p>Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>Zen Meditation 2:00 – 2:20 p.m. AHB Rm 2B15</p> 	<p>24</p> <p>20-Minute Body Weight Workout 12:10 – 12:30 p.m.; 12:30 – 12:50 p.m. AHB Rm 2B15</p> <p>Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.  Virtual</p>	<p>25</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>*Wellness Walk</p>	<p>26</p> <p>**Don Wright Faculty of Music Fridays @ 12:30</p> <p>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</p> 
<p>29</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>TRANSFORM 12:10 – 12:50 p.m. AHB Rm 2B15</p> 	<p>30</p> <p>Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>Zen Meditation 2:00 – 2:20 p.m. AHB Rm 2B15</p>	<p>Scan this QR code or visit Living Well @ Western to register for our wellness activities</p> 	<p>Notes </p> <p>*Wellness Walks on Thursdays OR Fridays: Email Ben Souriol (bsouriol@uwo.ca) to participate meet at BGSB (rain or shine)</p> <p>**Don Wright Music Where: von Kuster Hall, Music Building as well as via livestream</p>	