<table>
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<th>Monday</th>
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| **Rise & Shine Yoga**<br/>6:30 – 7:00 a.m.<br/>Virtual | **Leverage Yoga**<br/>12:10 – 12:50 p.m.<br/>AHB Rm 2B15 | **20-Minute Body Weight Workout**<br/>12:10 – 12:30 p.m.;<br/>12:30 – 12:50 p.m.<br/>AHB Rm 2B15 | **Rise & Shine Yoga**<br/>6:30 – 7:00 a.m.<br/>Virtual | **Don Wright Faculty of Music Fridays @ 12:30**
| **Rise & Shine Yoga**<br/>6:30 – 7:00 a.m.<br/>Virtual | **Leverage Yoga**<br/>12:10 – 12:50 p.m.<br/>AHB Rm 2B15 | **20-Minute Body Weight Workout**<br/>12:10 – 12:30 p.m.;<br/>12:30 – 12:50 p.m.<br/>AHB Rm 2B15 | **Rise & Shine Yoga**<br/>6:30 – 7:00 a.m.<br/>Virtual | **Northern Tornadoes Project and Western Music**<br/>7:00-9:00pm<br/>Music Building (MB)
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**SDG Week Canada** is a national collaboration from March 4 – 8 to increase awareness and engagement with the UN Sustainable Development Goals (SDGs) on campuses.

**Meromictic exhibition:** February 29 – March 14, artLAB Gallery, Curated by MCS4605E. **Opening Reception:** Thursday, February 29, 5-7p.m.

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

**Don Wright Music** Where: von Kuster Hall, Music Building as well as via livestream