



SCHEDULE OF EVENTS

APRIL 9th - 20th

EVERY DAY ACTIVITIES



Mental Health Resource Stations: Cameron Library, Rutherford Library, John Scott Library, Weir Library, Winspear Library - *Located prominently in the libraries, these stations will give you tools to help de-stress.*

Physical Activity Nooks: Located in Cameron Library Lounge, Winspear/Business room 1-18, and Education Library - *Mind gone flat? Hit the mat! Ask a librarian for more details.*



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Monday 9

Unwind Your Mind begins!

Tuesday 10

Yoga @ 2 pm in John Scott Library room 2K4.22

Free evening snacks in John Scott Library

Wednesday 11

Zumba @ 2 pm in Education Library room LB-13

Free evening snacks in Cameron Library

Thursday 12

"Pillow Talk" workshop @ 12pm followed by "Game of Life" workshop @ 2pm in John Scott Library room 2K4.22

Stretch and Core @ 2 pm in Rutherford Atrium

Free evening snacks in Rutherford Library

Friday 13

"S.M.I.L.E.S" workshop @ 12pm in John Scott Library room 2K4.22

Saturday 14

Sunday 15

Monday 16

"Collabo-Art" workshop @ 12 pm in John Scott Library room 2K4.22

Yoga @ 2pm in Cameron Library Lounge

Tuesday 17

Pilates @ 2 pm in John Scott Library room 2K4.22

Free evening snacks in John Scott Library

Wednesday 18

Pilates @ 2 pm in Education Library room LB-13

Free evening snacks in Cameron Library

Thursday 19

Stretch and Core @ 2 pm in Rutherford Atrium

Free evening snacks in Rutherford Library

Friday 20

Final day of Unwind Your Mind

Fitness classes are free of charge and are run on a first-come, first-served basis.



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