



November 2024

Congratulations! 🎉 🎉 to last month's Internal Wellness Rewards winners: Matthew Nguyen (Brescia School of Food & Nutritional Sciences) & Cindy Dikkes (Student Experience)!



Monday	Tuesday	Wednesday	Thursday	Friday
<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> <p>***November is Financial Literacy Month</p> <p>Western, Sun Life and Telus Health have teamed up to offer flexible options to support your learning. Details are here</p> <p>Don't see what you are looking for? Check out Western Main Events Page!</p>		<p>Scan this QR code or visit Living Well @ Western to register for our wellness activities</p> 	<p>Visit the Living Well @ Western to sign up for our mailing list!</p> 	<p>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>**Don Wright Faculty of Music Fridays @ 12:30</p>
<p>4</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> Living your retirement Plan 3:00 -4 p.m. Virtual</p>	<p>5</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>6</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.</p>	<p>7</p> <p>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>*Wellness Walk</p>	<p>8</p> <p>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</p>
<p>11</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>12</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>13</p> <p>20-Minute Body Weight Workout 12:10 – 12:30 p.m.; 12:30 – 12:50 p.m. AHB Rm 2B15</p> <p> 5 steps to boost financial health 3:00 -4 p.m. Virtual</p> <p>Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.</p>	<p>14</p> <p>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>*Wellness Walk</p> <p> Understanding credit and debt 6:00 - 7 p.m. Virtual</p>	<p>15</p> <p>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>**Don Wright Faculty of Music Fridays @ 12:30</p>
<p>18</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>19</p> <p>Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p> Strategies for financial well-being 12:00-12:55 p.m. NCB Rm 270</p> <p>Zen Meditation 2:00 – 2:20 p.m. AHB Rm 2B15</p>	<p>20</p> <p>20-Minute Body Weight Workout 12:10 – 12:30 p.m.; 12:30 – 12:50 p.m. AHB Rm 2B15</p> <p> Strategies for financial well-being 12:00-12:55 p.m. NCB Rm 270</p> <p>Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.</p>	<p>21</p> <p>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>*Wellness Walk</p>	<p>22</p> <p>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>**Don Wright Faculty of Music Fridays @ 12:30</p>
<p>25</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>26</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>27</p> <p>20-Minute Body Weight Workout 12:10 – 12:30 p.m.; 12:30 – 12:50 p.m. AHB Rm 2B15</p> <p> Strategies for financial well-being 12:00-12:55 p.m. NCB Rm 270</p> <p>Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.</p>	<p>28</p> <p>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>*Wellness Walk</p> <p> Inflation and managing your finances 12:00 -1:00 p.m. Virtual</p>	<p>29</p> <p>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>**Don Wright Faculty of Music Fridays @ 12:30</p>