

Health and Well Being Week 16th-19th October 2017

Schedule of Free Events for the Week!!!

Monday	Healthy Fruit and Water available in Front Hall Nutrition Workshops in LRC2 10:00-11:00 and 11:15-12:15 Yoga Workshops Available throughout the day
Tuesday	Cheerio's Breakfast morning in G7 GOSHH on Campus
Wednesday	Mindfulness Workshops in LRC2 10:00-11:00 and 11:15-12:15 Smarter Travel on Campus
Thursday	Talk by Drug Awareness Campaigner Nicole Ryan in LRC2 10:00-11:00 Movie Screening in LRC2 after 15.00

*Learners need to inform their Teachers they are attending a workshop/event to get marked in on the register. **Enjoy***