### Wednesdays, February 20th

**9:00–10:15**  
**Dive In: Challenging the Unknown**  
Jill Heinerth  
Cave Diver, Explorer-in-Residence, Royal Canadian Geographical Society  
SSC 2050

**10:15–12:00**  
**Western Wellness Fair**  
SSC Main Floor Hallway

**12:00–1:00**  
**Lunch Break**

**1:00–2:15**  
**Ramping Up Social Change**  
Luke Anderson  
Social Innovator, Engineer, Founder of StopGap Foundation  
UCC 290, McKellar Theatre

**2:45–4:00**  
**Discovering Your Personal Brand**  
Chris Thompson  
UCC 56  
**Retirement Ready: The Sun Life Retirement & Savings Plan**  
UCC 146

### Thursdays, February 21st

**9:00–10:15**  
**Energized for Excellence: Small Steps to an Energetic Life**  
Michelle Cederberg  
Health and Productivity Expert  
SSC 2050

**10:15–10:45**  
**Break**

**10:45–12:00**  
**Exercise Less for Success**  
Michelle Cederberg  
SSC 2050  
**Investing with Confidence Part 2: A Closer Look**  
Sun Life Financial, UCC 146

**12:00–1:00**  
**“Keep It on Campus” Open House, Lunch Provided**  
11:30 am–1:30 pm, Great Hall, SH (Register in Advance)

**1:00–2:15**  
**Skills for the 21st Century: The Future of Work & Learning**  
Ilana Ben-Ari  
Design Thinker and Founder of Twenty One Toys  
SSC 2050

### Fridays, February 22nd – Tours

**9:00–9:45**  
**Advanced Facility for Avian Research**  
Archives & Research Collections Centre WL  
McIntosh Gallery  
Amit Chakma Engineering Building  
ACEB  
University College Remodel UC  
Robotics SEB 3099  
Facilities Management Shops

**10:00–10:45**  
**Advanced Facility for Avian Research**  
Archives & Research Collections Centre WL  
McIntosh Gallery  
Amit Chakma Engineering Building  
ACEB  
University College Remodel UC  
Facilities Management Shops

**11:00–11:45**  
**Archives & Research Collections Centre WL**  
McIntosh Gallery  
Amit Chakma Engineering Building  
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For more wellness activities visit Living Well @ Western www.uwo.ca/health/staff_fac/living_well