


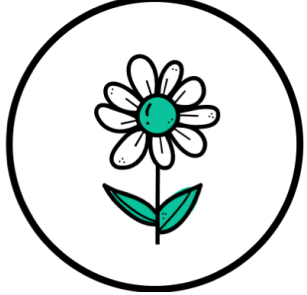
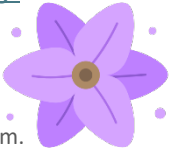

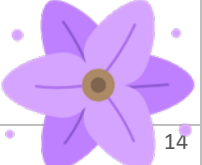
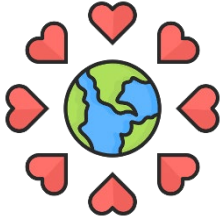




February

2025

Congratulations! 🎉 to last month's Internal Wellness Rewards winners: Kate Avery (Western Communications) and Elizabeth Goldhawk (Facilities Management).



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Scan this QR code or visit Living Well @ Western to register for our wellness activities</p> 	<p>Visit Living Well @ Western to sign up for our mailing list!</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>February Challenge: Random Acts of Kindness To be entered into the draw, submit your entry to livingwell@uwo.ca by February 28, 2025, 12 noon! Learn more.</p>	
<p>3</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>Circuit Training 12:10 – 12:50 p.m. AHB Rm 2B15</p> 	<p>4</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>5</p> <p>Yoga with Melissa 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.</p> 	<p>6</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>*Wellness Walk</p>	<p>7</p> <p>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>**Don Wright Faculty of Music Fridays @ 12:30</p> 
<p>10</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>Circuit Training 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>WINTER WELLNESS (February 10 –21)</p>	<p>11</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>WINTER WELLNESS Virtual Workshop: Financial Essentials for Newcomers to Canada</p>	<p>12</p> <p>Yoga with Melissa 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.</p> <p>WINTER WELLNESS (February 10 –21)</p>	<p>13</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>*Wellness Walk</p> <p>WINTER WELLNESS Virtual Workshop: Navigating life in the modern family</p>	<p>14</p> <p>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>**Don Wright Faculty of Music Fridays @ 12:30</p> <p>WINTER WELLNESS (February 10 –21)</p>
<p>17</p> <p>Family Day. Enjoy!</p> <p>WINTER WELLNESS Random Acts of Kindness Day - all month long - take part in our Random Acts of Kindness Challenge.</p> 	<p>18</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>WINTER WELLNESS Virtual Workshop - Lighten up your day - Humour at work</p>	<p>19</p> <p>Online: Gentle chair Yoga/meditation 2:45 – 3:00 p.m.</p> <p>WINTER WELLNESS Virtual Workshop - How to start saving today</p>	<p>20</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>Pension Awareness Day! Take the quiz.</p> <p>WINTER WELLNESS (February 10 –21)</p> <p>*Wellness Walk</p> 	<p>21</p> <p>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>**Don Wright Faculty of Music Fridays @ 12:30</p> <p>WINTER WELLNESS (February 10 –21)</p>
<p>24</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>Circuit Training 12:10 – 12:50 p.m. AHB Rm 2B15</p>	<p>25</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>26</p> <p>Yoga with Melissa 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.</p>	<p>27</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>*Wellness Walk</p>	<p>28</p> <p>Pilates – NOT AVAILABLE THIS DAY 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>**Don Wright Faculty of Music Fridays @ 12:30</p>
<p>At your own pace Check out the Living Well website for information on Track Walking, Ice Skating and more!</p>	