













May
2025



Congratulations! 🎉 to last month’s Internal Wellness Rewards winners:
Christine Bell (Physiology & Pharmacology)
and Sriram Jayabal (Robarts Research Institute)



Monday	Tuesday	Wednesday	Thursday	Friday
<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>*Wellness Walks on Thursdays OR Fridays: Email Ben Souriol (bsouriol@uwo.ca) to participate meet at BGSB (rain or shine)</p>	<p>1</p> <p>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>Assessing Your Retirement Readiness with Sun Life (live webinar) 12:00 – 1:00 p.m.</p> <p>*Wellness Walk</p>	<p>2</p> <p>Master’s Voice Recital 12:00 – 1:00 p.m. 2:00 – 3:00 p.m. 6:00 – 7:00 p.m. MB Rm: von Kuster Hall</p>
<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</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>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>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</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>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>*Wellness Walk</p>	<p>May 5-11 is Mental Health Week. Theme for 2025 is Unmasking Mental Health</p> <p>What is masking? Find out what it can look like here</p> <p>Try an independent journaling activity for a Week Towards Unmasking</p>
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<p>26</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>27</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>28</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</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>29</p> <p>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>R&Art Event- What We Keep: Spring Exhibition Tour McIntosh Gallery 2:00 – 3:00 p.m.</p> <p>*Wellness Walk</p>	<p>30</p>

It’s HERE!

Western Employee
Health Fair

Vendor Day – May 14
Alumni Hall

Self-Guided Tours – May 15, 16
Support Services Building

Western 

