

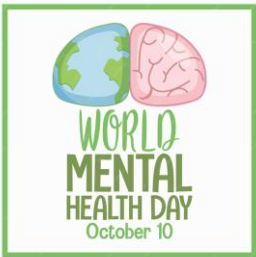








October

2024

Congratulations! 🎉 to last month's Internal Wellness Rewards winners:
Amanda Moehring (Department of Biology) and Mohammad Bayattork
(Department of Physical Therapy)!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p>World Mental Health Day Visit our Mental Health Module</p>	<p>2</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>3</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>4</p> <p>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>*Wellness Walk</p>	<p>5</p> <p>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>**Don Wright Faculty of Music Fridays @ 12:30</p> <p>Forest City Tree Festival</p>
<p>7</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>8</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>9</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>10</p> <p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>Sun Life Webinar: Investing: A closer look 12 – 1:00 pm</p> <p>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>*Wellness Walk</p>	<p>11</p> <p>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>**Don Wright Faculty of Music Fridays @ 12:30</p> 
<p>14</p> 	<p>15</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>16</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>17</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>18</p> <p>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>**Don Wright Faculty of Music Fridays @ 12:30</p> 
<p>21</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>Telus Health Presents: An introduction to your EAP for Western Employees Virtual 12:00 - 12:20 pm OR 1:00 – 1:20 pm *1:00 pm session will also be streaming in AHB2B15</p>	<p>22</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>Sun Life Webinar: Reviewing your financial roadmap 9:00 – 10:00 p.m.</p>	<p>23</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>24</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>25</p> <p>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p>**Don Wright Faculty of Music Fridays @ 12:30</p> 
<p>28</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>29</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>30</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>31</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>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>Don't see what you are looking for? Check out the Western Main Events Calendar!</p>



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