

well-being day



monday 12th january 2009

10am - 2pm at maes glas sports centre

on the day, learn about...

sports, leisure and recreational opportunities from badminton to mountain walking

going green and the environment

the germ family and their overseas relatives

we are what we eat

health for men and women

looking after and developing yourself personally, intellectually and physically

refreshments and free gifts!

and during the week...

join in and have a go in free workshops and taster sessions including:

tai chi

climbing

swiss ball

basketball

mindfulness

nutrition

boxercise

netball

spinning

pilates

get organised

get a voice

join the 2009 'weight loss' challenge!

win a bike!

Coca-Cola have kindly donated us a bike!
to be in with a chance of winning, join us at the well-being day and complete an entry form



BANGOR
UNIVERSITY

