

well-being week



Monday 12th January

10am—2pm

@ Maes Glas Sports Centre

Sports, leisure & recreational opportunities ~ from badminton to mountain walking

Health for men & women

We are what we eat

Going green and the environment

Meet the Germ Family and their overseas relatives

Looking after yourself personally, intellectually and physically

Thai Massage & lots more

Refreshments & free gifts!

Tuesday 13th January

10-11am @ Dean Street, Assertiveness Workshop

2-3pm @ Careers Conference Room, Time Management Workshop

5.10 – 5.50pm @ Maes Glas, Introduction to Tai Chi

6 – 7pm @ Maes Glas, Introduction to Climbing

Wednesday 14th January

12.10 – 12.50pm @ Maes Glas, Beginners Swiss Ball

12.15 – 12.45pm @ Maes Glas, Come play basketball

From 12pm @ Brigantia #342, Life The Universe & Happiness by John Parkinson

1.15pm @ Maes Glas, 2009 Weight Loss Challenge & Nutrition Talk by Ricardo Costa

Thursday 15th January

9am—4.30pm @ Conference Room, Hen Goleg, Mindfulness 1 Day Taster

12.15 – 12.45pm @ Maes Glas, Come & play Netball

1.10 – 1.50pm @ Maes Glas, Boxercise for beginners

2-3pm @ HR Conference Room, How to Achieve New Years Resolutions

5.10 – 5.50pm @ Maes Glas, Introduction to Pilates

Friday 16th January

9.30—10.30am @ HR Conference Room, How to Achieve New Years Resolutions (through the medium of Welsh)

11.30am - 1pm @ HR Conference Room, Managing Stress in Staff

12.10 – 12.50pm @ Maes Glas, Spinning (indoor cycling)

Friday 9th January

12.30 – 1.30pm @ Gym 2 Normal Site, Dru-Yoga

**For more information visit:
www.bangor.ac.uk/well-being**



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