



Some of the activities on offer:

Mon
6th

10:00 | Peace of Mind Society Stand
13:00 | Fit Where You Sit Workshop
18:00 | Spinning Class

Tues
7th

All Day | Fruit Drops
12:00 | Emotional Fitness Workshop
13:00 | Rackets Night

Wed
8th

10:00 | Student Wellbeing Stand
12:30 | Free Yoga Class
13:00 | Improving Posture Workshop

Thur
9th

08:00 | Free Smoothie Stand
12:00 | Meditation Class
13:00 | Nutrition Workshop

Fri
10th

08:00 | Free Smoothie Stand
10:00 | Reflexology Taster
11:00 | Lincolnshire Sexual Health Stand

Visit: Healthycampus.blogs.Lincoln.ac.uk for
more information or to book



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Celebrating **10** years



Healthy Campus & Wellbeing Week 2017

Be inspired and try something new
– with over 30 different free events
on offer to staff and students
throughout the week!

6th – 10th March 2017

Visit:

Healthycampus.blogs.lincoln.ac.uk



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