

NTU Wellbeing Week 4 - 8 MARCH 2019

Monday 4 March	Tuesday 5 March	Wednesday 6 March	Thursday 7 March	Friday 8 March
Chalking City 11-2pm, SU Chalk what makes you happy	NTSU Foodbank Volunteering Clifton 8.15-11.30 Help out at the Foodbank to help others eat well.	Mindfulness City 1-2pm Dryden 001 Learn how to clear your head by adopting Mindfulness techniques To book contact: paul.dodsley@ntu.ac.uk	Wellbeing Week Stand City 11-2pm, Newton, Level 0 Activities & Games, VR glasses, Free drinks cake, NTU Therapy Dog, plus much more	NTSU Healthy Breakfast City 9-11am, SU Loft What better way to start the day off....yum!
NTSU Smoothie Bike City 12-2pm, Students Union Make your own yummy smoothie	Wellbeing Week Stand Clifton 11-1pm, Newton, Level 0 Activities & Games, VR glasses, Free drinks, cake, plus much more	Wellbeing Week NTSU Slime Making Brackenhurst 1-4pm, Brack Bar Rustle up some happy slime!!	NTU Sport Have-a-go Tennis Clifton 12-4pm, Outside the Pavilion Have a go at outdoor tennis and challenge the coach or a mate	
Wellbeing Week Stand Brackenhurst 1-3pm, Bramley Reception Freebies, info, competition, cake, NTU Therapy Dog, plus lots more	NTSU Craft Session Clifton 11-1pm, Atrium Get crafty and create something funky!	Food Share Allotment Clifton 1-3pm, Behind the Peverell Halls reception www.trentstudents.org/allotmentvolunteering	NTSU Afternoon Tea City 2-4pm, SU Mezz Free tea and chat	
NTU Sport Halls Yoga Session Clifton 4-4.45pm, Peverell Hall Common Room Helps you to feel great	NTU Sport Halls Yoga Session City 3-3.45pm, City Gym Studio Room Helps you to feel great	NTSU Free Toast City 5pm onwards, Firstbase Get some yummy toast before your night out!	Kind of a Funny Story Movie City Heart warming comedy—drama 5-7.30pm, Newton, LT3, Free Popcorn 	
				



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