

# Welcome Wellbeing Festival Village 2022 schedule





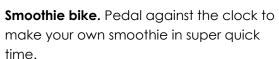
#### Thursday 29th September

### University Park outside David Ross Sports Village



**Oreo and Friends** exotic animal encounters. 11am - 5pm Stroke a skunk, hug a racoon or tickle a tarantula.

Small marquee



11am - 5pm Large marquee



Mindfulness & relaxation taster sessions will be delivered by qualified instructors. Each class will last for 20mis.

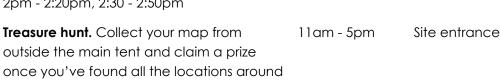
Various Small marquee



11am - 11:20am, 11:30 - 11:50am

12pm - 12:20pm, 12:30 - 12:50pm

2pm - 2:20pm, 2:30 - 2:50pm





campus. Mocktails and advice about sophisticated cocktails and mixers provided by Cocktail and Flair Bartending society.

11am - 5pm Large marquee



Take on your friends in the **Gym Challenge** organised by UoN Sport and be in for the chance to great win prizes.

11am - 1:30pm Large marquee 2:30pm - 5pm



Crafting including beading, painting, plant 11am - 5pm Large marquee

potting and pebble decorating.



Activities including hula hoops, board games and puzzles.

11am - 5pm



Cripps Health Centre will be offering information about their services and how to register.

11am - 5pm Large marquee



The **Libraries Learning Development** team will be on hand to offer information and useful tips on how to stay on track during your time at university.

11am - 3pm Large marquee



**Chill Out Zone** with refreshments, Mindapple 11am - 5pm

trees and staff from the Support and Wellbeing Service available for any questions or concerns.





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### Friday 30th September Jubilee Campus outside Café Aspire





Smoothie bike. Pedal against the clock to make your own smoothie in super quick time.

11am - 5pm Large marquee

Mindfulness & relaxation taster sessions will be delivered by qualified instructors. Each class will last for 20mins

11am - 11:20am Small marquee

11:30 - 11:50am

2pm - 2:20pm

2:30 - 2:50pm



**Tai Chi** taster sessions will be delivered by qualified instructors.

12pm - 2pm

Small marquee

3pm - 4:30pm



Mocktails and advice about sophisticated cocktails and mixers provided by Cocktail and Flair Bartending society.

11am - 5pm Large marquee



Take on your friends in the Gym Challenge organised by UoN Sport and be in for the chance to great win prizes.

11am - 1:30pm Large marquee

2:30pm - 5pm





Crafting including beading, painting, plant potting and pebble decorating.

11am - 5pm

Large marquee





Activities including board games and puzzles.

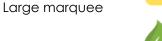
11am - 5pm

Large marquee



The Libraries Learning Development team will be on hand to offer information and useful tips on how to stay on track during your time at university.

11am - 3pm





Cripps Health Centre will be offering Information about their services and how to register.

11am - 5pm

Large marquee



Chill Out Zone with refreshments,

11am - 5pm

Large marquee



Mindapple trees and staff from the Support and Wellbeing Service available for any questions or concerns.

