

June 2025









Congratulations 🌸 to last month’s Internal Wellness Rewards winners: Susan Williams (Institutional Planning & Budgeting) and Heidi Liu (Western International)



June 1 marks the start of pride season!



Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</div> <div>Circuit Training 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>**Friends of Gardens (FOGs) Plant Sale</div>	<div>3</div> <div>Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>Zen Meditation 2:00 – 2:20 p.m. AHB Rm 2B15</div>	<div>4</div> <div>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</div> <div>Yoga with Melissa 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.</div>	<div>5</div> <div>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>*Wellness Walk</div> <div>FOGs: Pollinator Garden Planting Day (eveyone welcome!) All day Middlesex Parking Lot</div> <div>Staff and Leaders Learning Day 1:15 p.m. – 3:00 p.m. AH 3:00 p.m. – 4:00 p.m. SEI</div>	<div>6</div> <div>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</div>
<div>9</div> <div>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</div> <div>Circuit Training 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>**Friends of Gardens (FOGs) Plant Sale</div>	<div>10</div> <div>Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>Zen Meditation 2:00 – 2:20 p.m. AHB Rm 2B15</div>	<div>11</div> <div>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</div> <div>Yoga with Melissa 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.</div>	<div>12</div> <div>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>*Wellness Walk</div>	<div>13</div> <div>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div></div>
<div>16</div> <div>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</div> <div>Circuit Training 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>**Friends of Gardens (FOGs) Plant Sale</div>	<div>17</div> <div>Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>Zen Meditation 2:00 – 2:20 p.m. AHB Rm 2B15</div> <div></div>	<div>18</div> <div>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</div> <div>Yoga with Melissa 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.</div> <div>Free Store Donation Day! 11:30 a.m. – 1:30 p.m. AHB 1B09</div>	<div>19</div> <div>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>*Wellness Walk</div>	<div>20</div> <div>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</div>
<div>23</div> <div>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</div> <div>Circuit Training 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>Blooming Workplaces, Cultivating 2SLGBTQ+ Inclusive Spaces 1:00 – 2: 00 p.m.</div> <div>Virtual **Friends of Gardens (FOGs) Plant Sale</div>	<div>24</div> <div>Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>Zen Meditation 2:00 – 2:20 p.m. AHB Rm 2B15</div>	<div>25</div> <div>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</div> <div>Yoga with Melissa 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.</div>	<div>26</div> <div>Zumba 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>Wellness & Equity Education in Action Lunch & Learn Series – Friendships 12:00 – 1:00 pm WL Community Room</div> <div>*Wellness Walk</div>	<div>27</div> <div>Pilates 12:10 – 12:50 p.m. AHB Rm 2B15</div>
<div>30</div> <div>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</div> <div>Circuit Training 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div>**Friends of Gardens (FOGs) Plant Sale</div>	<div>Scan this QR code or visit Living Well @ Western to register for our wellness activities</div> <div></div>	<div>Visit the Living Well @ Western to sign up for our mailing list!</div> <div></div>	<div></div> <div>*Wellness Walks on Thursdays OR Fridays: Email Ben Souriol (bsouriol@uwo.ca) to participate meet at BGSB (rain or shine)</div> <div>** Friends of Gardens (FOGs) Plant Sale: every Monday, from May 26 to September 29, from 12:30 to 1:30 p.m. Check out the plant list.</div>	<div></div>