

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

ING WALL

June 1 marks the start of pride season!



Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual  Scan this QR code or visit Living Well @ Western to register for our wellness  Visit the Living Well @ Western to sign up for our mailing list!					
Bisse & Shine Youge   200 - 7.00 a.m.   210 - 1250 p.m.   AHD Rin 2815   Vice with Medical   210 - 1250 p.m.   AHD Rin 2815   Vice with Medical   210 - 1250 p.m.   AHD Rin 2815   Vice with Medical   210 - 1250 p.m.   AHD Rin 2815   Vice with Medical   210 - 1250 p.m.   AHD Rin 2815   Vice with Medical   200 - 220 p.m.   AHD Rin 2815   Vice with Medical   Vice wi		, i	Wednesday	•	Friday
22.0 - 1250 p.m.   Ali R m 2815	Rise & Shine Yoga 6:30 – 7:00 a.m.	<u>Living Well Yoga</u> 12:10 – 12:50 p.m.	Rise & Shine Yoga 6:30 – 7:00 a.m.	<u>Zumba</u> 12:10 – 12:50 p.m.	12:10 – 12:50 p.m.
Plant Sale	12:10 – 12:50 p.m. AHB Rm 2B15	2:00 – 2:20 p.m.	12:10 – 12:50 p.m. AHB Rm 2B15	FOGs: Pollinator Garden Planting Day (eveyone welcome!)	
Rise & Shine Yoga   5-30 - 7-00 am.   12-10 - 12-50 pm.   AHB Rm 2815   AHB Rm 2815			yoga/meditation	Middlesex Parking Lot  Staff and Leaders Learning Day  1:15 p.m. – 3:00 p.m. AH	
12:10 - 12:50 p.m.   AHR m 2815   AHR m 2815   AHR m 2815   AHR m 2815   Online: Gentle chair yoza/Indibation   2:45 - 3:00 p.m.   2:10 - 12:50 p.m.   AHR m 2815   Online: Gentle chair yoza/Indibation   2:45 - 3:00 p.m.   2:10 - 12:50 p.m.   AHR m 2815   AHR m 2815   Online: Gentle chair yoza/Indibation   Online: Gentle chair yoza/Indibati	Rise & Shine Yoga 6:30 – 7:00 a.m.	<u>Living Well Yoga</u> 12:10 – 12:50 p.m.	Rise & Shine Yoga 6:30 – 7:00 a.m.	<u>Zumba</u> 12:10 – 12:50 p.m.	12:10 – 12:50 p.m.
Plant Sale	12:10 – 12:50 p.m.	2:00 – 2:20 p.m.	12:10 – 12:50 p.m.	*Wellness Walk	
Rise & Shine Yoga   12:10 - 12:50 p.m.   AHB Rm 2815			yoga/meditation		
12:10 - 12:50 p.m.	Rise & Shine Yoga 6:30 – 7:00 a.m.	<u>Living Well Yoga</u> 12:10 – 12:50 p.m.	Rise & Shine Yoga 6:30 – 7:00 a.m.	<u>Zumba</u> 12:10 – 12:50 p.m.	12:10 – 12:50 p.m.
Plant Sale    Voga / Meditation   2:45 - 3:00 p.m.	12:10 – 12:50 p.m.	2:00 – 2:20 p.m.	12:10 – 12:50 p.m.	*Wellness Walk	
Rise & Shine Yoga 6:30 - 7:00 a.m. Virtual  Living Well Yoga 12:10 - 12:50 p.m. AHB Rm 2B15  Circuit Training 12:10 - 12:50 p.m. AHB Rm 2B15  Zen Meditation 2:00 - 2:20 p.m. AHB Rm 2B15  AHB Rm 2B15  Mellness & Equity Education in Action Lunch & Learn Series - Friendships 12:00 - 1:00 pm WL Community Room  Mirtual  **Friends of Gardens (FOGs) Plant Sale  Rise & Shine Yoga 6:30 - 7:00 a.m. Virtual  Rise & Shine Yoga 6:30 - 7:00 a.m. Virtual  Rise & Shine Yoga 6:30 - 7:00 a.m. Virtual  Rise & Shine Yoga 6:30 - 7:00 a.m. Virtual  Rise & Shine Yoga 6:30 - 7:00 a.m. Virtual  Rise & Shine Yoga 6:30 - 7:00 a.m. Visit the Living Well @ Western to sign up for our mailing list!			yoga/meditation 2:45 – 3:00 p.m.  Free Store Donation Day! 11:30 a.m. – 1:30 p.m.		
12:10 – 12:50 p.m.  AHB Rm 2B15  Blooming Workplaces, Cultivating 2SLGBTQ+ Inclusive Spaces 1:00 – 2: 00 p.m.  Virtual **Friends of Gardens (FOGs) Plant Sale  30  Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual  *Well @ Western to register for our wellness  12:10 – 12:50 p.m.  AHB Rm 2B15  12:10 – 12:50 p.m.  AHB Rm 2B15  12:00 – 1:00 pm WL Community Room  *Wellness Walk  Visit the Living Well @ Western to sign up for our malling list!	Rise & Shine Yoga 6:30 – 7:00 a.m.	<u>Living Well Yoga</u> 12:10 – 12:50 p.m.	Rise & Shine Yoga 6:30 – 7:00 a.m.	<u>Zumba</u> 12:10 – 12:50 p.m.	12:10 – 12:50 p.m.
Blooming Workplaces, Cultivating 2SLGBTQ+ Inclusive Spaces 1:00 – 2: 00 p.m.  Virtual **Friends of Gardens (FOGs) Plant Sale  Scan this QR code or visit Living Well @ Western to register for our wellness  Visit the Living Well @ Western to sign up for our mailing list!  *Wellness Walk  *Wellness Walk  Visit the Living Well @ Western to sign up for our mailing list!	12:10 – 12:50 p.m.	2:00 – 2:20 p.m.	12:10 – 12:50 p.m.	Lunch & Learn Series – Friendships 12:00 – 1:00 pm	
**Friends of Gardens (FOGs) Plant Sale  30 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual  Scan this QR code or visit Living Well @ Western to register for our wellness  Visit the Living Well @ Western to sign up for our mailing list!	Cultivating 2SLGBTQ+ Inclusive Spaces		yoga/meditation	*Wellness Walk	
Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual  Scan this QR code or visit Living Well @ Western to register for our wellness  Visit the Living Well @ Western to sign up for our mailing list!	**Friends of Gardens (FOGs)				
Circuit Training 12:10 – 12:50 p.m.  activities  *Wellness Walks on Thursdays OR Fridays: Email Ben Souriol (bsouriol@uwo.ca) to participate	Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual  Circuit Training	Well @ Western to register for our wellness			
AHB Rm 2B15  **Friends of Gardens (FOGs) Plant Sale  **Eriends 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.	AHB Rm 2B15  **Friends of Gardens (FOGs)			** Friends of Gardens (FOGs) Plant Sale: every Monday, from May 26 to September 29, from 12:30 to 1:30	