

27 APRIL

# wellbeing Wednesday

A day of free and fun activities to help you relax before the exam season starts.

All the activities are **drop-in** - there's no need to register or book.

The Wellbeing Rooms are located in Simon Building (Brunswick Street, M13 9PG - Campus Map reference: 59).

## Activity Room - Wellbeing Rooms (Ground Floor)

Yoga	09:00 - 09:45
Pilates	10:00 - 10:45
Barre Concept	11:00 - 11:45
Pilates	12:00 - 12:45
Fit Steps	14:00 - 14:45
PiYo	15:00 - 15:45
Self Defence	16:00 - 16:45

## Dual Usage Room - Wellbeing Rooms (Ground Floor)

Tai Chi	09:00 - 09:45
Qigong	10:00 - 10:45
Zumba	13:00 - 13:45
Yoga	14:00 - 14:45
Interval Training	18:15 - 19:00
Women Only Fitness	19:00 - 19:45

## Resource Room - Wellbeing Rooms (Ground Floor)

Muse Headbands 09:00 - 11:00

## Treatment Room - Wellbeing Rooms (Ground Floor)

Osteopath 10:00 - 17:45

## UMSA Room - Wellbeing Rooms (Ground Floor)

Beauty Bar 11:00 - 15:00

(Nails/make-up/hand massage)

Massage 12:00 - 16:00

Clothes Swap & CDs 17:00 drop / 17:15 start

## Treatment Room - Wellbeing Rooms (Ground Floor)

Relaxation All Day

## Large Group Room - Wellbeing Rooms (1st Floor)

Breakfast & Relaxation Session 09:30 - 10:00

Breakfast & Relaxation Session 10:00 - 10:30

Calm Energy and how to  
get in the Zone 11:00 - 12:00

## Alan Gilbert Learning Commons

Challenging Unhelpful Thinking Habits 10:30 - 12:00

Managing Exam Stress 13:00 - 14:30

Mindfulness 17:00 - 18:00

## Sugden Centre, Grosvenor Street

Roller Disco 17:00 - 19:00

For more information on the sessions please visit:

[manchesterstudentsunion.com/wellbeing](http://manchesterstudentsunion.com/wellbeing)

Email [Health.fitness@manchester.ac.uk](mailto:Health.fitness@manchester.ac.uk) or contact 0161 275 5985