**First Graduate School Well-Being Day**

**21st Nov 2018; 1-6pm**

**Ellen Wilkinson Building (SALC Graduate School)**

**Programme**

**Conference Room (C1.18)**

**1-2pm** workshop **Breath, Mindful Movement & Relaxation using Chair-based Yoga**

**2-3pm** workshop **Breath, Mindful Movement & Relaxation using Chair-based Yoga**

**3-4pm** workshop **Stage Fright: practical lessons from the theatre for academics**

**4-5pm** workshop **Stage Fright: practical lessons from the theatre for academics**

**Seminar Room 1 (CG59)**

**2-3pm** workshop **Simple Steps to Better Energy**

**4-5pm** workshop **Food for Stress and Mood**

**Atrium**

**2.30-4.30pm** Information on University Well-being support and the Faculty Well-being project

**5pm**  End-of-the-day drink

Please sign up for the workshops asap. Places are allocated on a first come first serve basis!