

Wellbeing Wednesday

March Events

4th March: 11 am - 1 pm

MUSE Meditation session
Ground floor, Main Library

11th March

Be Active: Charge yourself and your phone
Ground floor, Main Library

18th March: 11 am - 1 pm

MUSE Meditation session
Ground floor, Main Library

25th March

Be Active: Charge yourself and your phone
Ground floor, Main Library

#uomwellbeingwednesday