

Wellbeing Wednesday: 5th May 2021

Morning

9am: The Mastery Sessions Podcast

Listen to Robin Sharma's transformative podcast to how early mornings changed his life

10am: Mono-Box Coffee Morning

Have a cup of tea with some of the UK's leading actors and directors!

Afternoon

1pm: Food Bank Donation

Clearing out a cupboard? Drop a donation at your local collection point!

2pm: Origami

Head over to @uompodium to join our Wellbeing Champions in a guided origami session

Evening

7pm: Be Healthy Chef Series

Follow our Be Healthy Chef Series on the Wellbeing Champion Instagram @uompodium

8pm: Sound Bath Session

Join Mind Walk Yoga for this hour long, immersive relaxation experience