**Other Wellbeing Events Taking Place During Time To Talk 2025 Week**

**Sunday 2nd February 2025**

[Pilates for Wellbeing at The Whiworth](https://www.whitworth.manchester.ac.uk/getinvolved/nchs/nchspilates/)

9:00-10:00, please book (sessions cost £8.35 per date) – spaces are limited

Pilates can help to improve posture and develop core strength. Sessions are suitable for all levels of fitness; beginners are welcome. Exercises are adaptable and participants are encouraged to progress at their own pace. Please bring your own yoga / pilates mat to use during the session.

**Tuesday 4th February 2025**

* **Health Check Clinic**

11:00-13:30 in Whitworth Committee Rooms D and F, Ground Floor, Whitworth Building

Our Occupational Health team will be running a FREE pop-up Health Check Clinic. You do not need to book a health check slot; you can just turn up. All staff are welcome.

* [Bone Density Tests at the Sports Centre](https://www.staffnet.manchester.ac.uk/news/display/?id=32181)

We will be hosting a day of bone density screening on Tuesday, 4 February. We are pleased to offer you this test for £35. Payments can be made at the end of the appointment by either cash or cheque.

The appointment will take approximately 15 minutes and results and advice are given immediately. If you would like to book a test please email: tracey@
bonematters.org. More information at [www.bonematters.org](https://bonematters.org/).

**Wednesday 5th February 2025**

* **UoM Wellbeing Choir 2025**

Starts again on Wednesday 5th February 2025, 13:05-13.55 – [sign up now](https://estore.manchester.ac.uk/product-catalogue/sport-manchester/wellbeing-choir-sport/wellbeing-choir-2025). This is a 12-week block and cost £25 for Staff and Students. If you can talk, you can sing! One of the best things you can do for your personal wellbeing is to sing with others! It improves our sense of happiness and wellbeing. Come and join us at the Wellbeing Studio G.65, Simon Building.

* **Language Café**

12:00-14:00 at Lime Café, Sam Alex Building lower ground floor

Sessions are now being held every 2 weeks on a Wednesday, so keep an eye out on our [Instagram](https://instagram.com/uomsalcstudents/) for updates.

*As a reminder, Language Café is a relaxed space for anyone who speaks or is learning a language, including English, to come along and practice their speaking and listening skills with fellow learners. Staff and students are all welcome. There’s no obligation to stay for the full session as people are free to come and go any time during the event. There will also be vouchers for a free drink or snack which you can get from the Lime Café to enjoy while you chat!*

* **Oxford Road Commute Cycle**

Are you a cyclist? – the monthly Bike Breakfast meeting is a chance to catch up with other like-minded colleagues on all things cycling from routes, weekend escapes, mechanical items and latest clothing bargains that work. The Beehive café is our venue the 1st Wednesday of the month (05/02/2025), 8:00-9:00 – more details are on Facebook at <https://www.facebook.com/groups/umbug/>

* **Wellbeing Wednesday**

Share The Love at Manchester Museum, 18:00-20:00

Come a long and drop-in to our Paper Hearts and Garland making activity. All materials are provided, however please bring along a waterproof bag to take you makes home. No previous design or creative skills required.

* [On Campus Student-Led Health Screening Clinics](https://apps.bmh.manchester.ac.uk/applications/anon/announcement.aspx?Id=774b56ab-385a-4301-b2ea-dadf047e19b4)

As part of the pharmacy undergraduate curriculum, the health screening clinics will run on Wednesday 5th February 2025, 13:30-15:30. There is no need to book – just pop over to G.66 Wellbeing Rooms, Simon Building.

As part of the pharmacy undergraduate curriculum, Year 3 pharmacy students will be running health screening clinics on campus. These clinics are free and open to all staff and students.

The health screening check will involve measuring your blood pressure, height and weight. These measurements are then used to find out your heart age using an NHS evidence-based tool and your diabetes risk using the Diabetes UK ' Know Your Risk' tool (students will assess suitability for entering your data into these tools). The students will then go through these outcomes with you.

**Thursday 6th February 2025**

* **SEED School Wellbeing Run**

Meet outside HBS at 1pm most Thursdays. All paces are welcome and sometimes there are walk breaks. Sometimes groups are split into naturally, but the run leader will always stay at the back. Contact Jade Fawcett for more information and if interested in joining the WhatsApp group.

**Sunday 9th February 2025**

[Pilates for Wellbeing at The Whiworth](https://www.whitworth.manchester.ac.uk/getinvolved/nchs/nchspilates/)

9:00-10:00, please book (sessions cost £8.35 per date) – spaces are limited

Pilates can help to improve posture and develop core strength. Sessions are suitable for all levels of fitness; beginners are welcome. Exercises are adaptable and participants are encouraged to progress at their own pace. Please bring your own yoga / pilates mat to use during the session.

Why not see what else is on at:

* [Manchester Museum](https://www.museum.manchester.ac.uk/)
* [The Whitworth](https://www.whitworth.manchester.ac.uk/)
* [Jodrell Bank](https://www.jodrellbank.net/visit/whats-on/)
* [Martin Harris Centre | The University of Manchester](https://www.martinharriscentre.manchester.ac.uk/)
* [The Royal Northern College of Music - Music Conservatoire](https://www.rncm.ac.uk/)
* [John Rylands Research Institute and Library](https://www.library.manchester.ac.uk/rylands/)
* [Central Library](https://librarylive.co.uk/)
* [Manchester Art Gallery](https://manchesterartgallery.org/)
* [Blackwell’s Manchester](https://www.eventbrite.co.uk/o/blackwells-manchester-11315868456)