

Wellbeing Week

Monday 28th March until 1st April 2011



SPORT • DANCE • HEALTH & FITNESS • MASSAGES
• LIFESTYLE ADVICE • MIND & BODY • RELAXATION • NUTRITION

FREE EVENT – 5 DAYS TO MAKE A DIFFERENCE TO YOUR LIFE!



All Wellbeing Week activities are designed for beginners and are **FREE** to staff and students of The University of Manchester.

All activities **must** be booked in advance except those marked in purple.

AVAILABLE AT POINTS THROUGHOUT THE WEEK

11.00am – 4.00pm	“Health Rocks” trail	The Manchester Museum
12.00am – 3.00pm	Lifestyle M.O.T. (10min appointments available with qualified fitness instructor)	Dover Street Building, Dover Street
	10 minute massage – Head, neck and shoulders	Wellbeing Room 2, Dover Street
	10 minute massage – Head, neck and shoulders <i>(Tuesday and Wednesday only)</i>	Sackville St Building, H Floor, Room H11
12.00am – 2.00pm	5-a-side football tournament <i>(Staff only – Entry closes 18th March 2011)</i>	The Sugden Sports Centre

MONDAY	11.15 – 11.45am	Introduction to pilates	Wellbeing Room 1, Dover Street
	12.00 – 12.50pm	Salsa	The UMSA Activity Room, Dover Street
	12.00 – 2.00pm	“Health Rocks” workshop	The Manchester Museum
	1.00 – 1.50pm	Salsa	The UMSA Activity Room, Dover Street
	1.00 – 2.00pm	Actively managing your mood	Wellbeing Room 1, Dover Street
	2.00 – 2.50pm	Caribbean fit jam dance	The UMSA Activity Room, Dover Street
	2.00 – 3.00pm	Introduction to relaxation for stress	Wellbeing Room 1, Dover Street
	5.00 – 6.00pm	Group singing – modern music choir	Auditorium, St Peters House Chaplinry
TUESDAY	12.00 – 12.50pm	Hatha yoga	The UMSA Activity Room, Dover Street
	12.00 – 1.00pm	How to prepare for your first 10K run – Nutrition and training tips	The UMSA TV Room, Dover Street
	12.00 – 2.00pm	Posturite – Are you sitting correctly at your desk?	University Place
	12.30 – 1.30pm	Campus health walk	Dover Street Building reception
	1.00 – 2.00pm	Managing your busy mind	Wellbeing Room 1, Dover Street
	1.15 – 2.00pm	“Glee” – Dance and sing	The UMSA Activity Room, Dover Street
	1.30 – 2.30pm	Sleep better	Sackville St Building, H Floor, Room H11
	2.00 – 3.00pm	Calm energy and how to achieve it	Wellbeing Room 1, Dover Street
	4.00 – 5.00pm	Relaxation	Wellbeing Room 1, Dover Street

WEDNESDAY	11.15 – 11.45am	Introduction to kettlebell conditioning	Wellbeing Room 3, Dover Street
	11.15 – 11.50am	Motivation: How to get started and how to get going	The UMSA TV Room, Dover Street
		Introduction to pilates	The UMSA Activity Room, Dover Street
		Introduction to Alexander technique	Wellbeing Room 1, Dover Street
	12.00 – 12.50pm	Introduction to Ashtanga yoga	The UMSA Activity Room, Dover Street
		You and your boss	The UMSA TV Room, Dover Street
	12.00 – 1.00pm	Yoga for healthy lower backs	Sackville St Building, H Floor, Room H11
	12.00 – 2.00pm	Free swim	Manchester Aquatics Centre
	12.30 – 1.30pm	Campus health walk	Dover Street Building reception
	1.00 – 2.00pm	Managing procrastination	The UMSA TV Room, Dover Street
	1.10 – 2.00pm	Core strengthening	Sackville St Building, H Floor, Room H11
	1.10 – 2.10pm	Introduction to Shiatsu massage	The UMSA Activity Room, Dover Street
	1.30 – 2.15pm	Introduction to kettlebell conditioning	Wellbeing Room 3, Dover Street
	2.00 – 3.00pm	Belly dancing	Sackville St Building, H Floor, Room H11
	2.15 – 3.15pm	Kick boxing	Wellbeing Room 3, Dover Street
		Bootcamp	The UMSA Activity Room, Dover Street
	5.00 – 6.00pm	Mindfulness meditation	Wellbeing Room 1, Dover Street
THURSDAY	12.00 – 1.00pm	“Foods that energise, foods that calm and foods that effect our mood” workshop	The UMSA TV Room, Dover Street
	12.10 – 12.50pm	Tai Chi	The UMSA Activity Room, Dover Street
	12.15 – 1.00pm	Introduction to Taekwondo	Wellbeing Room 3, Dover Street
	12.30 – 1.30pm	Campus health walk	Dover Street Building reception
	1.00 – 2.00pm	Mindfulness based stress reduction	Wellbeing Room 1, Dover Street
		“How we gather fat around the middle and we get rid of it”	The UMSA TV Room, Dover Street
		Salsa	The UMSA Activity Room, Dover Street
	1.10pm	Music concert	Martin Harris Centre
	1.30 – 2.30pm	Relaxation workshop	Sackville St Building, H Floor, Room H11
	2.00 – 3.00pm	Making changes: What helps and what gets us stuck	Wellbeing Room 1, Dover Street
FRIDAY	4.45 – 5.45pm	Laughter yoga	The UMSA Activity Room, Dover Street
	5.00 – 5.50pm	Zumba	Reynold Building Concourse
	5.30 – 7.00pm	Lacrosse beginners clinic	The Armitage Sports Centre
	12.00 – 1.00pm	How to manage back pain – with the University physiotherapist	The UMSA TV Room, Dover Street
	1.00 – 2.00pm	Belly dancing	The UMSA Activity Room, Dover Street
	1.10pm	Music concert	Martin Harris Centre

HOW TO BOOK – Book your **FREE** activities* by emailing health.fitness@manchester.ac.uk or call 0161 275 5985

*Advance bookings are limited to two activities per person

FREE SWIM WEDNESDAY

12.00 – 2.00PM

AT MANCHESTER AQUATICS CENTRE

Get advice and tips on your swimming
technique by our qualified teacher from
12.30 - 1.30PM

You will need to present a valid student/staff
university ID in order to access the pool.

STAFF 5-A-SIDE FOOTBALL TOURNAMENT

Get a team together from your workplace or
friends and enter our **FREE** tournament at
The Sugden Sports Centre held at lunchtime,
throughout the week.

Please register your team at health.fitness@manchester.ac.uk by 18th March 2011

LACROSSE BEGINNERS CLINIC THURSDAY

5.30 – 7.00PM

THE ARMITAGE SPORTS CENTRE

Please book at health.fitness@manchester.ac.uk



FREE EVENT

SOUTH MANCHESTER
parkrun – 5K

9.00AM EVERY SATURDAY

PLATT FIELDS PARK, FALLOWFIELD

www.parkrun.org.uk/south-manchester

For further information on Wellbeing Week
visit www.manchester.ac.uk/wellbeingweek

Or visit
SPORT – Head Office
William Kay House
333 Oxford Road
Manchester
M13 9PG

Sport reception: 0161 275 4962

If you have any problems accessing the building,
please contact the office using the details above.

Wellbeing

The Wellbeing week initiative is a partnership between SPORT,
Counselling Service, Human Resources, Occupational Health and FoodOnCampus

FREE
Johnsons
freshly
squeezed
juice

when you buy a hot
salad in Potter's during
Wellbeing Week

FOODONCAMPUS

