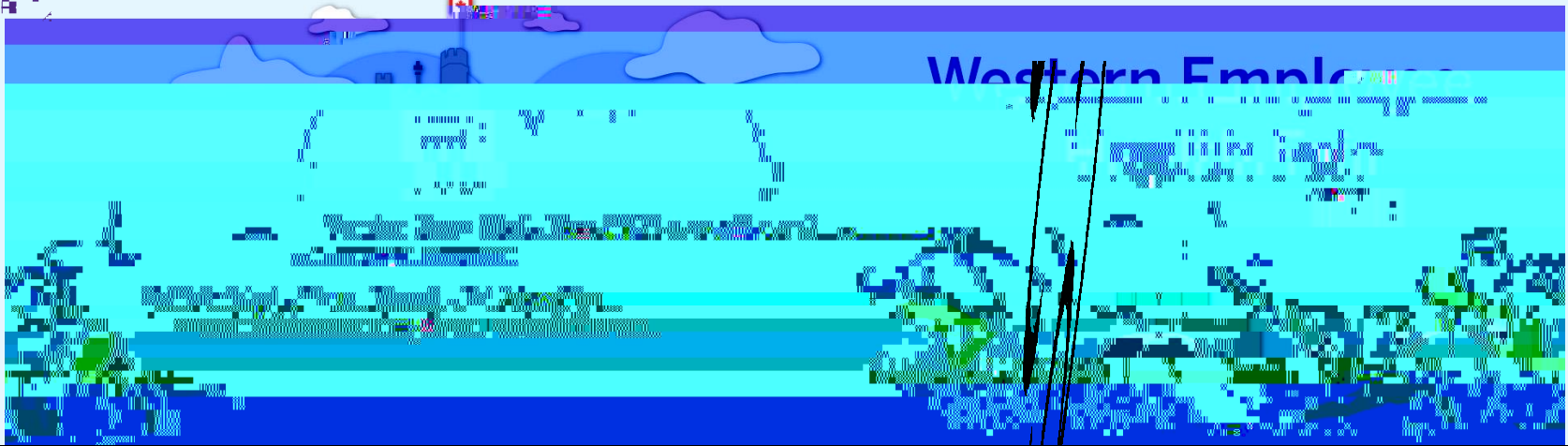


May



Archi Sand (Student Experience) and Edith Semazzi (Kincaid)

2024



		<p>20-Minute Body Weight Workout 12:10 – 12:30 p.m.; 12:30 – 12:50 p.m. AHB Rm 2B15</p> <p>Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.</p>	<p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>Zumba 12:10 – 12:50 p.m. Virtual</p> <p>*Wellness Walk</p>	<p>**Don Wright Faculty of Music Fridays Virtual</p> <p>Pilates 12:10 – 12:50 p.m. Virtual</p>
<p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>TRANSFORM 12:10 – 12:50 p.m. Virtual</p>	<p>20-Minute 12:10 – 12:30 p.m.; 12:30 – 12:50 p.m. AHB Rm 2B15</p>	<p>Western Employee Health Fair 10:00 a.m. – 2:00 p.m. Alumni Hall, Room 201</p> <p>20-Minute 12:10 – 12:30 p.m.; 12:30 – 12:50 p.m. AHB Rm 2B15</p> <p>Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m.</p>	<p>Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual</p> <p>Zumba 12:10 – 12:50 p.m.</p>	

Notes

*Wellness Walks

Souriol (bsouriol@uwo.ca) in conjunction with RCSR (rain or shine)

**Don Wright Music at von Kuster Hall, Music Building as well as via [livestream](https://www.livestream.com/)