











# August

## 2025

 Congratulations to last month’s Internal Wellness Rewards winners: Lesley Macaskill, Brescia School of Food and Nutrition AND Matt Gleeson, Faculty of Nursing!

 Congratulations to team Well Rooted, Political Science for their July summer challenge win!



Monday		Tuesday		Wednesday		Thursday		Friday	
<div>Scan this QR code or visit <a href="#">Living Well @ Western</a> to register for our wellness activities:</div> <div></div> <div></div>		<div>Visit the <a href="#">Living Well @ Western</a> to sign up for our mailing list!</div> <div></div>		<div> <b>Notes</b></div> <div>*<b>Wellness Walks</b> on Thursdays OR Fridays: Email Ben Souriol (bsouriol@uwo.ca) to participate meet at BGSB (rain or shine)</div> <div>** <b><a href="#">Friends of Gardens (FOGs) Plant Sale</a></b>: every Monday until September 29 from 12:30 to 1:30 p.m. Check out the <a href="#">plant list</a>.</div> <div>***<b>Western’s Farmers Market</b> - every Wednesday, until October 14 from 10 to 2 p.m. in front of McIntosh Gallery</div> <div>****<b><a href="#">Free Store Donation</a></b> - You can donate on Wednesdays 11:30am - 1:30 p.m - AHB 1B09</div>		<div><b>AUGUST</b></div> <div><b>The connection between mental and physical health</b></div> <div>Have you noticed a great day is easier after a full night’s sleep? Or that a bad day can turn around after an outdoor walk? Our physical health has a impact on our mental health, and vice-versa. Improve both with a focus on the connection between mind and body.</div> <div><b>Get free mindfulness training and resources on <a href="#">TELUS Health One</a></b></div> <div><b>ALSO THIS MONTH</b></div> <div><ul style="list-style-type: none"><li>• Aug 9-International Day of the World’s Indigenous Peoples</li><li>• Aug 31-International Overdose Awareness Day</li></ul></div>		<div><b><a href="#">Pilates</a></b> 12:10 – 12:50 p.m. AHB Rm 2B15</div>	
<div>4</div> <div></div>		<div>5</div> <div><b><a href="#">Living Well Yoga</a></b> 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div><b><a href="#">Zen Meditation</a></b> 2:00 – 2:20 p.m. AHB Rm 2B15</div>		<div>6</div> <div><b><a href="#">Rise &amp; Shine Yoga</a></b> 6:30 – 7:00 a.m. Virtual</div> <div><b><a href="#">Online: Gentle chair yoga/meditation</a></b> 2:45 – 3:00 p.m.</div> <div>***<b>Western’s Farmers Market</b></div> <div>****<b><a href="#">Free Store Donation</a></b></div>		<div>7</div> <div><b><a href="#">Zumba</a></b> 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div><b>*Wellness Walk</b></div>		<div>8</div> <div><b><a href="#">Pilates</a></b> 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div></div>	
<div>11</div> <div><b><a href="#">Rise &amp; Shine Yoga</a></b> 6:30 – 7:00 a.m. Virtual</div> <div><b><a href="#">Circuit Training</a></b> 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div><b>**Friends of Gardens (FOGs) Plant Sale</b></div>		<div>12</div> <div><b><a href="#">Living Well Yoga</a></b> 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div><b><a href="#">Zen Meditation</a></b> 2:00 – 2:20 p.m. AHB Rm 2B15</div>		<div>13</div> <div><b><a href="#">Rise &amp; Shine Yoga</a></b> 6:30 – 7:00 a.m. Virtual</div> <div><b><a href="#">Yoga with Melissa</a></b> 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div><b><a href="#">Online: Gentle chair yoga/meditation</a></b> 2:45 – 3:00 p.m.</div> <div>***<b>Western’s Farmers Market</b></div> <div>****<b><a href="#">Free Store Donation</a></b></div>		<div>14</div> <div><b><a href="#">Zumba</a></b> 12:10 – 12:50 p.m. AHB Rm 2B15</div> <div><b>*Wellness Walk</b></div> <div><b><a href="#">Wellness &amp; Equity Education in Action</a></b> Lunch &amp; Learn Series: <b>Boundaries</b>: 12:00 – 1:00 p.m. WL community Room</div> <div><b><a href="#">Art + Green Tour</a></b> 2:00 – 3:00 p.m. Meet outside of McIntosh Gallery</div>		<div>15</div> <div><b><a href="#">Pilates</a></b> 12:10 – 12:50 p.m. AHB Rm 2B15</div>	
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