

MID-TERM 12-16 November DE-STRESS

MONDAY - #RELAXATION



- Wool workshop
 - Mini library
 - Relaxing music
 - Pom pom making
- Follow @ulsuwellbeing on social media for a chance to win 3 months of Netflix
- Venue: Students' Union Office (above Gee's restaurant), 10am-4pm



TUESDAY - #CHEATDAY



- Free ice cream, chocolate and sweets
 - Lush giveaways
- Venue: Students' Union Office (above Gee's restaurant), 10am-4pm

WEDNESDAY - #LETSGETCREATIVE



- Recipe cards for cheap nutritious meals
 - Cupcake decorating
 - Arts and crafts
- Follow @ulsuwellbeing on social media for a chance to win 3 months of Netflix
- Venue: Students' Union Office (above Gee's restaurant), 10am-4pm

THURSDAY - #GAMESANDSPORTS



- Pool, ping pong and table football
 - Performances from our Student Music Association
 - Compete with your Sports Officer and Wellbeing Officer
 - Chess Tournament
- Venue: Students' Union Square, 10am-4pm
- Win gold gym membership

FRIDAY - #GAMESANDSPORTS



- Pool, ping pong and table football
 - Performances from our Student Music Association
 - Compete with your Sports Officer and Wellbeing Officer
 - Chess Tournament
- Venue: Students' Union Square, 10am-4pm
- Win gold gym membership

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 STUDENTS'
UNION