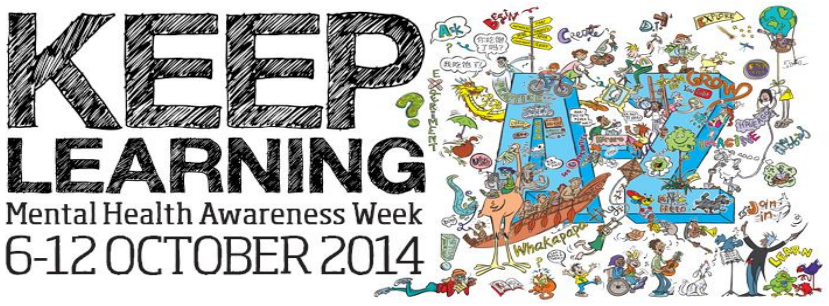

MENTAL HEALTH AWARENESS WEEK ACTIVITIES IN WELTEC

WHERE	WHEN	WHAT
PETONE CAMPUS	Monday 6 October 11.30am 1.30pm	**FREE FRUIT GIVEAWAY** (Learning Commons)
	Tuesday 7 October 11.30am 1.30pm	**POSITIVE FUN ACTIVITIES WITH DJ TOM TO RELEASE ENDORPHINES** Come and bust some moves at the Hub!
	Wednesday 8 October 11.30am 1.30pm	**MENTAL HEALTH INFORMATION FAIR** Several stallholders will be providing information on how to deal with stress, depression, anxiety and more DYNAMICS where movement matters **WILL BE RUNNING EXERCISE COMPETITIONS in the HUB!** Don't forget to check out their classes Tuesdays 12.05 – 12.50pm CORE CLASS Wednesdays 12.05 – 12.50pm YOGA Thursdays 12.05 – 12.50pm BOX FIT
	Thursday 9 October 11.30am 1.30pm	**10 MINUTE CHAIR MASSAGE** Are exams and assignments stressing you out? Relax, de-stress, and re-energise with a free 10 minute chair massage, concentrating on the back, shoulders & neck. Free to all WelTec students Please bring your WELTEC student ID. NO ID NO MASSAGE
CUBA STREET CAMPUS	Monday 6 October 11.30am 1.30pm, Cuba St Learning Commons	**FREE FRUIT GIVEAWAY** Until all has gone! Eating your 5-a-day is important for positive mental health, so don't miss out on our fresh fruit giveaway in the Learning Commons **MENTAL HEALTH INFORMATION DISPLAY** Information will be available on how to deal with stress, depression, anxiety and more at the Learning Commons **10 MINUTE CHAIR MASSAGE** Are exams and assignments stressing you out? Relax, de-stress, and re-energise with a free 10 minute chair massage, concentrating on the back, shoulders & neck. Free to all WelTec students. Please bring your WELTEC student ID. NO ID NO MASSAGE
	Tuesday 7th, Wednesday 8th and Thursday 9 October	Mental Health information will be on display and any fruit left over distributed
CHURCH ST CAMPUS	Monday 6 October 11.30am 1.30pm, Church St Learning Commons	**FREE FRUIT GIVEAWAY** Until all has gone! Eating your 5-a-day is important for positive mental health, so don't miss out on our fresh fruit giveaway in the Hub **MENTAL HEALTH INFORMATION DISPLAY** Information will be available on how to deal with stress, depression, anxiety and more at the Learning Commons
	Tuesday 7 October	**10 MINUTE CHAIR MASSAGE** Are exams and assignments stressing you out? Relax, de-stress, and re-energise with a free 10 minute chair massage, concentrating on the back, shoulders & neck. Free to all WelTec students Please bring your WELTEC student ID. NO ID NO MASSAGE
	Wednesday 8th and Thursday 9 October	Mental Health information will be on display and any fruit left over distributed