



Wellness Wednesday #4

Feb 10 – 14



Location	Wellness Session	Session leaders	Other info
Auditorium	Fun and Games – Audience participation needed	SRC leaders	“Laughter is the best medicine!” Free Smoothies as prizes!!!!
Cafeteria	Cool Colouring , relaxing music and healthy snacks	Nigel	Cool pics, pencil crayons and healthy snacks provided!!!
Gym	Basketball	David	No spectators, only participants Limit of 35 students.
Library	Love to Read!		Bring your favourite novel!
Library	Love to Draw!	Hunter	Let’s draw some cool Valentine drawings!
Lecture Theatre	TV Show – Brooklyn 99	Leader needed	Start your day in a good mood with some hilarious comedy.
Art Room	“Cool Car” colouring	Carter	Car lover?? Come colour some cool pics of cool cars and discuss cars.
Room 203	Free Thought	Declan & Logan	Topic for discussion: “Education in NB”
Room 315	Dungeons & Dragons	Nathanial	Max 20 students
Fitness Room 128	“Pump It Up”	Drake	Working out in the Fitness Room – let’s get ripped!!!
Fitness Room 129	Intro to Tai Chi	Lillian Wang – Teacher Assistant with Mandarin teacher	Tai Chi – A traditional Chinese exercise. Series of movements performed in a slow, focused manner accompanied by deep breathing.
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