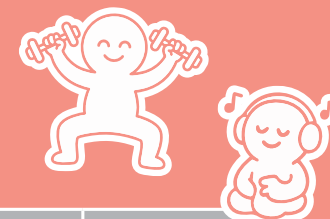
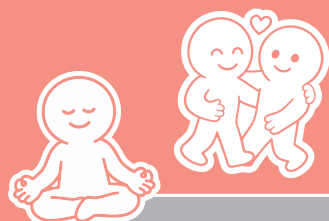


Mental Health Month

OCTOBER EVENT CALENDAR



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MID-SESSION REC	28	29	30	1	2 • FREEBIE FRIDAYS @ UNIACTIVE	3 Write down some wellness goals you want to achieve this month. E.g. Use your phone less, drink more water, etc.	4
WEEK 10	5 PUBLIC HOLIDAY	6 • BEND & SNACK (PILATES) • BREAKY BAR • PETALS & POSITIVITY • MOONLIT MARKETS	7 • BREAKY BAR • WELLNESS WEDNESDAY CRAFT WORKSHOP	8 • BEND & SNACK (YOGA) • BREAKY BAR	9 • FREEBIE FRIDAYS @ UNIACTIVE • OKTOBERFEST	10	11 Check in with yourself & others: how are you going with sleeping, eating, movement and mindfulness?
WEEK 11	12 • FREE REFORMER PILATES @ UNIACTIVE BOOKING REQUIRED	13 • BEND & SNACK (PILATES) • BREAKY BAR • PAINT & SIP BOOKING REQUIRED	14 • BREAKY BAR • WELLNESS WEDNESDAY CRAFT WORKSHOP • SOUTH ASIAN NIGHT	15 • BEND & SNACK (YOGA) • FREE REFORMER PILATES @ UNIACTIVE BOOKING REQUIRED	16 • FREEBIE FRIDAYS @ UNIACTIVE	17 Take a moment to tap into your senses. What can you see, smell, hear, touch or taste?	18
WEEK 12	19 • FREE REFORMER PILATES @ UNIACTIVE BOOKING REQUIRED	20 • BEND & SNACK (PILATES) • BREAKY BAR • PETALS & POSITIVITY • PAINT & SIP BOOKING REQUIRED	21 • BREAKY BAR • WELLNESS WEDNESDAY CRAFT WORKSHOP	22 • BEND & SNACK (YOGA) • BREAKY BAR • MATCHA & CHATS (WITH BEE SWEET 21) BOOKING REQUIRED • FREE REFORMER PILATES @ UNIACTIVE BOOKING REQUIRED	23 • FREEBIE FRIDAYS @ UNIACTIVE	24	25 One thing I can do today to support my wellbeing is...
WEEK 13	26 • FREE REFORMER PILATES @ UNIACTIVE BOOKING REQUIRED	27 <i>Stress Less Week</i> • BEND & SNACK (PILATES) • BREAKY BAR	28 <i>Stress Less Week</i> • BREAKY BAR • WELLNESS WEDNESDAY CRAFT WORKSHOP	29 <i>Stress Less Week</i> • BEND & SNACK (YOGA) • BREAKY BAR • FREE REFORMER PILATES @ UNIACTIVE BOOKING REQUIRED	30 • FREEBIE FRIDAYS @ UNIACTIVE	31 In your own time, stop, reflect, and write down 5 things that bring you joy.	1

WELLNESS BINGO

Complete as many of the activities as you can during the month, mark them off on your bingo card and go in the draw to WIN a wellness prize valued at up to \$85!



SCAN THE QR CODE
TO GET STARTED!

WANT TO BOOK?

For all details on times and locations of Mental Health Month events and activities, please scan the QR code or, head to the UOW Pulse website.



ONGOING SUPPORT:

The UOW 24-Hour Wellbeing Line is here to help onshore UOW students at any Australian campus.

It's free, confidential, and available 24/7 to all onshore UOW students. Call anytime if you're feeling stressed, overwhelmed, or supporting someone in distress, or scan the QR code for details.



CALL: 1300 036 149
TEXT: 0488 884 164



WE ARE UOW PULSE.

UOW Pulse is a not-for-profit organisation dedicated to enhancing student life on campus.

SSAF
Funded by Student
Services & Amenities Fee

Wellness
BY PULSE



"A LITTLE CONNECTION
GOES A LONG WAY"