

# Welfare

## Events

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### **Goal Setting & Habit Forming – Neuroscience**

Bianca Armitage

Monday 13 October, 6-7pm, Old Kitchens

### **Sleep Hygiene (Mindfulness)**

Elizabeth English

Monday 20 October, 6-7pm, Old Kitchens

### **Beat the Winter Blues – Neuroscience**

Bianca Armitage

Monday 27 October, 6-7pm, Old Kitchens

### **Dealing With Loneliness (ACT)**

Dr Wendy Lee

Monday 3 November, 6-7pm, Old Kitchens

### **Building Focus & Motivation Workshop (Mindfulness)**

Elizabeth English

Monday 10 November, 6-7pm, Old Kitchens

### **Anxiety Management (ACT)**

Dr Wendy Lee

Monday 17 November, 6-7pm, Old Kitchens

### **Work/Life Balance – Neuroscience**

Bianca Armitage

Monday 24 November, 6-7pm, Old Kitchens

### **Running throughout term**

#### **Yin Yoga\***

Jess Ng

Fridays, 6-7pm, Old Kitchens

#### **Swimming Lessons\***

CG Swim School

Wednesdays and Fridays (term time)

10.30am - 12.30pm

#### **Gardening (Make your Own Flower Posy)\***

Wednesdays, 10.30-11.30am at the

Nursery starting 8 October

#### **Carpentry Wellbeing Sessions\***

Imogen Davies

23 October & 1 December,

4-7pm, Girton Gate Summerhouse

#### **Life Coaching with Jo Thompson**

WiseBird Coaching

TBA with Students

40 Credits