

Well-being MEDWAY

University
Mental
Health Day

Wednesday 1 March 11:00 - 13:00	Crochet Crafts	The Hub
Friday 3 March & Tuesday 7 March 10:00 - 14:00	Well-being Collage with Medway Campus Chaplaincy	Drill Hall Library
Monday 6 March 10:00 - 14:00	Pets As Therapy dogs	The Hub
Every Tuesday 12:30 - 13:30	Yoga	Mezzanine (The Hub)
Every Tuesday 17:30 - 18:30	Zumba	Mezzanine (The Hub)
Wednesday 22 March	Massage & Nails	The Hub
Thursday 9 March	Well-being colouring	Rowan Williams

#UniMentalHealth

UNIVERSITIES
at MEDWAY



The
Hub

Drill Hall Library

Your library, your future
www.campus.medway.ac.uk

