



All activities listed are free, unless otherwise stated. This schedule will be updated as events and venues are added and confirmed - so keep an eye out!

Colour code key: X – Training and workshops, X Special wellbeing activities & events, X – Regular classes, X - LSESU Gym sessions

<div>  <div>LSE Staff Wellbeing Week Monday 29 February 2016</div>  </div>			
Day	Time	Activity	Venue & booking
Monday	9.30am to 10.30am	Tai Chi taster session Come along to this free taster session. Tai Chi practice reaches body, mind and spirit. It can improve your general body condition, balance and coordination; helps reduce stress and increases body and mind relaxation.	Ines Alonso-Garcia Faith Centre Email: I.Alonso-Garcia@lse.ac.uk to book in advance
Monday	10am to 6pm	10 minute wellness sessions Information given including a body composition analysis, including body fat mass and metabolic rate etc. You will also receive a pre-prepared fitness plan or ideas dependant on various results.	Ali Abas LSE SU Gym Email A.Abas@lse.ac.uk to book in advance
Monday	12.00pm	Gym tour and free class Take a tour of the facility and then follow this a free class up in the studio (depending on numbers). Classes will be low intensity but please wear suitable clothing and footwear	Ali Abas LSE SU Gym Email A.Abas@lse.ac.uk to book in advance
Monday	9am to 12.30pm	Neck and shoulder massages (ViaVita) Drop into the Saw Swee Hock Building for complimentary neck and shoulder massages	ViaVita Activities Studio, 6th floor Saw Swee Hock

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Monday	1pm to 2pm	Emotional Resilience Criticism, doubt, stress and lack of confidence can affect your sense of self, and reduce your ability to cope with challenges. This session looks at how you can start to develop resilience to deal with these factors.	Ohemaa Nkansa Dwamena TW2.2.03 No need to book in advance
Monday	1.10pm to 1.55pm	Toning class Toning is a great way to improve muscle strength, tone up, lose weight, increase bone density, meet new people and reduce major illnesses such as heart attacks, diabetes, high cholesterol, high blood pressure etc.	Mandy Li Old Gym Free if new to class, otherwise £5.00 Email m.li@lse.ac.uk to book in advance