

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 session

Tuesday	12pm to 1pm	Tai Chi Class 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. As an exercise it is gentle but also energetic at the same time.	Ines Alonso-Garcia Badminton Court Class cost £5.00 Email: I.Alonso-Garcia@lse.ac.uk to book in advance
Tuesday	1pm to 2pm	Your questions about mental health If you have questions about mental health this is the place to ask. It could be about your own mental health, or somebody you know. You can also hear about Counselling & Wellbeing Services at LSE	Paul Glynn TW1.2.03 No need to book in advance
Tuesday	12pm to 2pm	Employer for Carers: information session and light lunch Employers for Carers is an organisation supported by the specialist knowledge of Carers UK who will deliver an information session for staff and managers at the School. Are you a carer or a manager of a carer, and would like to know more on the support available at the School? Come along to this information session and find out more.	Employers for Carers PAR.2.03 Email: staffwellbeing@lse.ac.uk To book in advance
Tuesday	1pm to 2pm	Salsa Get Fit, Get Fabulous and Dance! Dancing is still one of the most fun ways of keeping fit – building your stamina and flexibility.	Samantha Da Costa Activities Studio, 6th floor, Saw Swee Hock Class cost: £3.00 Email: S.E.Da-Costa@lse.ac.uk

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Tuesday	3.30pm to 5.30pm	Good gym Do good, get fit. The idea is simple: run to a community project as a group, lend a hand, run back. We expect, and encourage, a mixed ability group, but you should be able to comfortably run up to 3km in one go (and twice, i.e. there and back). All speeds welcome and catered for. Up to 40 staff members can attend this event. You may wish to use the School's Staff Volunteering Leave provision to secure the time off, with the permission of your manager.	Louise Handley Meeting point: NAB Plaza Email: staffwellbeing@lse.ac.uk to book in advance