



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 Wednesday 2 March 2016</div>  </div>			
Day	Time	Activity	Venue & booking
Wednesday	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
Wednesday	12pm	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
Wednesday	12pm to 1pm	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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Wednesday	12pm to 1pm	Mindfulness It can be easy to rush through life without stopping to notice much. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.	Ruth McCutcheon TW2.2.03 No need to book in advance
Wednesday	12.30pm to 1.30pm	Knitting group Come along to the School's knitting group. Knitters, crocheters and yarn crafters of all levels are welcome.	Justine Rose Senior Common Room (terrace dependent on weather) No need to book in advance
Wednesday	12.30pm to 2.30pm	De-stress with Guide dogs Come along and meet some friendly Guide Dogs and Guide-Dogs-in-training, who will be happy to help you take a few minutes out of your day for some puppy-based shenanigans. Whilst this pop up is of course free, donations to Guide Dogs UK will be very welcome to help raise money for this valuable charity.	Sheffield Street (outside the Student Union) No need to book in advance
Wednesday	2pm to 4.30pm	Mental health awareness training You should attend this briefing if you are a manager and would like to have an increased awareness of how to deal with mental health issues in the workplace and feel more confident in doing so.	Stef Hackney and Lisa Morrow Lionel Robbins Building LRB.5.22 Email: staffwellbeing@lse.ac.uk to book in advance