

# FESTIVE GATHER

Join us @ City Campus Tuesday 2nd December

With music and live Christmas carols, music and entertainment in the Atrium from 10am - 2pm

Explore local craft and gift stalls.

10am - 11am - Quiet Hour

12am - 1pm - Carol Service & Brass Band

The Student Wellbeing & Belonging team will be spreading festive cheer.

## WELLBEING WEDNESDAY

Join us @ City Campus Wednesday 10<sup>th</sup> December

NHS Pharmacy's will be offering **FREE** health checks.  
10am - 4pm - Level 5, Owen Building.

Give our weekly **Yoga for Wellbeing** session a try.  
1pm - Multifaith Chaplaincy Social Space, Level 2 Owen Building.

Secure a place: [go.shu.ac.uk/yoga](https://go.shu.ac.uk/yoga)

Find connection, belonging and festive cheer!

