

20 WELLNESS 24 WEDNESDAYS SUMMER SERIES

WHAT: Exciting Wellness Seminars, designed to support the health and wellbeing of University of Windsor employees.

WHEN: at 12:15 - 1:00 PM for three Wednesdays this Summer

JUNE 19 **STRESSBUSTERS: STRETCHES TO RELIEVE ANXIETY AND TENSION**

Whether you sit for prolonged periods of time, don't move enough throughout the day, or just feeling a little more tense than usual, join us for this active session where we will practice some simple but powerful stress-busting stretches.

JULY 17 **MASTERING CELL PHONE PHOTOGRAPHY**

Get ready to unleash the incredible power of your cell phone camera! Photography has never been more accessible, and your trusty mobile device is all you need to capture exciting moments, express your creativity, and have a blast while doing it. Join us for an exciting session that will take you on a captivating walk around campus, all while sharing expert tips on how to master the art of cell phone photography.

AUG 14 **STEPPING OUT... MINDFULLY!**

Take a much-needed break while reflecting on and discussing the value of mindfulness and intentionality as well as engage in a group mindful walk around campus. Reap the benefits of this simple, yet so valuable activity.



REGISTER NOW