

WELLBEING WEEK

OCTOBER 14-18
PROGRAM OF EVENTS

*Daily talks, events, workshops and
activations.*

MONDAY 14TH

CONNECTION

through an Indigenous Lens

LIVE EVENT

Dadirri - Indigenous
mindfulness (online) 11am

Wellbeing Cafe
Weaving 12-2 Parra Sth

ONLINE SEMINAR

10am

Indigenous Perspectives on
Connection with Heidi Duncan
and Linda Sainsbury

TUESDAY 15TH

LET'S MOVE

*How physical activity helps
your wellbeing*

Social Walk with WSU
Run Club 4-5pm
Parra South

11am

How we can best improve mental
health and wellbeing through
physical activity with Dr Rhiannon
White

1pm

Tai Chi and the benefits for Mental
Health with Dr Guoyan Yang

WEDNESDAY 16th

PLAY + CURIOSITY

*Why music, art and leisure is
good for you*

Active Voice Yoga
Kingswood 12.15pm
with Lene Jeffrey

11am

Music and Wellbeing with
Dr Sandra Garrido

2pm

Leisure + Wellbeing
with Dr Nicole Peel

THURSDAY 17th

SPIRITUAL HEALTH

*Connect to spiritual practice
for wellbeing*

Yarning Circle
Parra South
11-12.15

Wellbeing Cafe - Yarn Crafts
Bankstown 1-2pm w Assoc.
Prof. Gabrielle Weidemann
and Kylie Tyler

11am

The role of religion +
spirituality as a coping
mechanism with Dr Sharlotte
Tusasiirwe

12.30

An afternoon of Spirituality
Discussion - Talks, Student
Panel, Practices and Stories

FRIDAY 18TH

PAY IT FORWARD

*How helping others helps
ourselves*

Wellbeing Cafe
Wellbeing Wishes +
Gratitude Stall
Kingswood 12.30pm

10am

WSU Food Security Program
with Miranda Zhang

11am

It's Good to be Good with Dr
Samuel Arnold

PLUS DAILY ONLINE MORNING MINDFULNESS SESSIONS 9-9.30AM

REGISTER on
WESTERN LIFE



Mental
Health AND
Wellbeing
Team