



Learn to focus on the here and now and improve your concentration. Regular mindful practice can boost our feelings of wellbeing. Why not com



To join the waiting list <a href="#">click here</a> .		
Come along and talk about your favourite books, explore the library's Leisure Collection and have a go at making cards and badges. No need to book, just turn up!	12–2pm	Coaching Corner, Ground Floor, Kimberlin Library

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Whether you like board games, or crafting, the Chillout Zone is the place to be. Drop in for 10 minutes or stay for the whole thing, it's up to you.  
No need to book, just turn up!



feelings of wellbeing. Why not come along and join us for 30 minutes and take time to slow down, relax and be in the moment.		
Find out more about the support on offer here at DMU to help you maintain your health and wellbeing at university. Also, take part in our competition to be in with a chance of winning an Echo Dot!	12-2pm	Hugh Aston Atrium
<a href="#">In this interactive session</a> we'll be looking at some of the key skills for face-to-face networking: meeting & greeting with confidence, listening to others talk, following up and how to "fake it 'til you make it".	2-3pm	Campus Centre Function room 2
<a href="#">Find out how volunteering</a> has had a positive impact on a student's experience whilst at DMU. This is an opportunity to ask questions about the benefits of volunteering and find out more on how to get involved.	3-4pm	Breathing Space, Portland Building
A session to enjoy some music and singing that will lift your spirits, help you unwind and connect with your inner wellbeing. No need to book, just turn up!	7-8pm	Breathing Space, Portland Building
Why not try out a free yoga session? Please wear comfortable clothes and bring water with you. No need to book, just turn up!	5.00pm – 6.00pm	Breathing Space, Portland Building



