Aston University

VVellbeing 2012 Veek

Aston University will be holding a Wellbeing Week between

Monday 12th - Friday 16th November 2012

Discover new ways of improving and maintaining a healthy lifestyle and state of mind.

Experience a diverse range of activities that promote health and wellbeing

Put it in your diary and make the most of our inaugural Wellbeing Week.

Events will include:

- ▶ Wellbeing Fair
- Free tasters of a range of sports and leisure sessions
- ► Talks on the psychology and metabolism of healthy aging
- **▶** Optometry workshop
- **▶** Smoothie stall
- Healthy aging exhibition of photographs and research
- Buzz sessions
- ▶ Wellbeing walk

For further information about what is taking place when, please visit www.aston.ac.uk/staff/hr/wellbeing/