

Thrive Week Events 2018

Monday, November 5

Where's Your Greenspace?	10:00-3:00	Riddell Atrium, Table 7	Mark your favorite parks and other nature retreats on a map of the city. We'll be talking about the connections between time spent in natural environments and mental health.
Woes, Wishes, and Water	11:00-2:00	Table 8 + 9, Centennial Foyer	This event encourages students to let go of their stress or express wishes.
Toonie for a Massage - KATSA	11:00-2:00	Monday - Riddell Atrium, Table 6	The Kinesiology and Athletic Therapy Student Association is offering massages for a toonie. Come and give yourself a break, release some tension, and de-stress!
Plug In Gallery Contest & Info Table	11:00-2:00	Monday – Bottom of Escalators @ Security	<p>Come take a selfie and answer the question "How does art help you thrive?" for a chance to win the Plug In Gallery prize basket! Get creative and don't forget to share under #pluginICA and #UWinnipegThrives.</p> <p>Come learn more about PlugInICA's FREE & accessible programming for ALL! Students can learn more about PlugInICA's youth programming, panel discussions, artist talks, exhibitions, and where to find them on campus!</p>
Free trial! Lunch Fitness - Muscle Boot Camp	12:00-1:00	Fitness Studio	Come for a fun workout!
Free Drop-in Soccer	12:00-1:30	RecPlex, Field A	Free drop-in soccer for students every Monday, Wednesday, and Friday in the RecPlex. Equipment provided.

ISS - International Cultural Day Info Table	12:00-2:00	Riddell Atrium, Table 3	Come learn more about International Cultural Day; an event hosted by International Student Services on November 8th. The event, which includes various performances by students, is held to celebrate the international community and diversity at The University of Winnipeg!
Mindfulness Meditation	12:30-1:00	U of W Chapel, Bryce Hall	Drop in and enjoy a guided mindfulness meditation.
Colours of Wellness Craft Table	12:30-1:30	Riddell Atrium, Table 4	Come and take what you need! 7 different colours will be associated with the 7 dimensions of wellness. Examples of activities include, bracelet making, origami, colouring, etc.
Free Drop-in Ultimate	12:00-1:30	RecPlex, Field B	Free drop-in Ultimate for students every Wednesday in the RecPlex. Equipment provided.
CBC Now or Never Table	12:00-1:30	Centennial foyer	Focus on the theme of sleep, with sleeping bags and hammocks; interviews with students

Tuesday, November 6

Where's Your Greenspace?	10:00-3:00	Riddell Atrium, Table 7	Mark your favorite parks and other nature retreats on a map of the city. We'll be talking about the connections between time spent in natural environments and mental health.
UWSA Info Table	11:00-1:00	2nd Floor, Centennial Hall	Learn more about the UWSA, how they advocate for students and the services they provide the university community.
Eat this..snacks on the go!	11:00-1:00	First Floor, Buhler	Eat this...grab a quick snack (and recipe) with us on your way to your next class.
Stress Management and Mindfulness	11:00-2:00	Riddell Atrium, Table 6	Creating mindfulness/stress handling tool kits to encourage healthy coping mechanisms.
Spence Neighbourhood Association - Volunteer Recruitment	11:00-2:00	Riddell Atrium, Table 4	The Spence Neighbourhood association is looking for volunteers to help with their youth programming. Get valuable experience and support your community!

Plug In Gallery Contest & Info Table	11:00-2:00	Tuesday – Bottom of Escalators @ Security, East Table	<p>Come take a selfie and answer the question "How does art help you thrive?" for a chance to win the Plug In Gallery prize basket! Get creative and don't forget to share under #pluginICA and #UWinnipegThrives.</p> <p>Come learn more about PlugInICA's FREE & accessible programming for ALL! Students can learn more about PlugInICA's youth programming, panel discussions, artist talks, exhibitions, and where to find them on campus!</p>
University of Winnipeg Bookstore Carnival	11:00-2:00	University of Winnipeg Bookstore	Come and enjoy the Bookstore Carnival; this is your chance to get silly, have fun, and act like a kid again! Play games to earn tickets towards a prize of your choice.
Seed Swap - A Gardener's Delight	11:30-1:00	Bottom of the Escalators @ Security, West table	<p>Bags of garden seeds (peppers, beans, peas and corn) will be handed out to students along with planting instructions.</p> <p>The pepper and bean plants can be grown indoors in a pot due to the nature of the plant.</p>
Riddle Me This	11:30-1:30	First Floor, Richardson College	Stop studying homeostasis and riddle me this!
Free Drop-in Inexperienced Sports League	12:00-1:00	RecPlex Community Gym	Get active with fun tag games and dodgeball in a welcoming environment!
Create Your Own Medicine Bag	12:00-2:00	ASSC Lounge	Create your own medicine bag and learn more about ASSC.
ISS - International Cultural Day Info Table	12:00-2:00	Riddell Atrium, Table 3	Come learn more about International Cultural Day; an event hosted by International Student Services on November 8th. The event, which includes various performances by students, is held to celebrate the international community and diversity at The University of Winnipeg!
Free trial! Lunch Fitness - Yoga	12:30-1:30	RecPlex, Multi-Purpose Room	Come and try our Vinyasa Flow classes!

Wednesday, November 7

Wellness Wall - Career Occupation	10:00-3:00	Bottom of the Escalators @ Security	Write a message about what you like about yourself, your degree (and chosen occupation) to keep yourself and others motivated through exam week.
Where's Your Greenspace?	10:00-3:00	Riddell Atrium, Table 7	Mark your favorite parks and other nature retreats on a map of the city. We'll be talking about the connections between time spent in natural environments and mental health.
DowntownBiz - Volunteer Recruitment	11:00-2:00	Riddell Atrium, Table 4	The DowntownBiz is looking to recruit volunteers for their CHAT (Community Homelessness Assistance Team). Come and learn more about how the DowntownBiz supports our community and how you can help. Don't miss a great opportunity to gain work experience and support those in need!
Demystifying STI Testing + Blood Pressure Checks from Klinik	11:00-2:00	Riddell Atrium, Table 6	Test your blood pressure and get answers to your questions about STI testing.
Plug In Gallery Contest & Info Table	11:00-2:00	Wednesday – Riddell Atrium, Table 1	Come take a selfie and answer the question "How does art help you thrive?" for a chance to win the Plug In Gallery prize basket! Get creative and don't forget to share under #pluginICA and #UWinnipegThrives. Come learn more about PlugInICA's FREE & accessible programming for ALL! Students can learn more about PlugInICA's youth programming, panel discussions, artist talks, exhibitions, and where to find them on campus!
Condom Bar	11:00-2:00	Riddell Atrium, Table 6	Come fill your goodie bag with condoms and other treats while contributing to a dialogue about sexual health!
Free Drop-in Touch Rugby	11:30-12:30	RecPlex, Field B & Field C	Free drop-in touch rugby for students with coach Guy McKim, every Wednesday in the RecPlex. Equipment provided.
Free trial! Lunch Fitness - Zumba	12:00-1:00	RecPlex, Multi-Purpose Room	A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.
Free Drop-in Soccer	12:00-1:30	RecPlex, Field A	Free drop-in soccer for students every Monday, Wednesday, and Friday in the RecPlex. Equipment provided.

Movember Info Table	12:00-2:30	Riddell Atrium, Table 3	Learn more about the Movember movement and what you can do to help.
Welcome by Jan Stewart	12:15-12:30	Riddell Cafeteria	
Upstander Sexual Violence Education	12:30-1:20	Riddell Cafeteria	Attend a presentation to learn about the University of Winnipeg's response to sexual violence. Learn about how you can be an Upstander and help reduce sexual violence on our campus. Hear about our new policy and better understand the definitions of sexual violence and consent, as well as the services and supports that are available to students.
Writing for Wellness	12:30-1:30	The Hive	Join us for this one hour reflective writing workshop. Explore how creative writing can be a useful tool to help you better get in touch with yourself and your feelings and to help find a new perspective to the things that are keeping you stuck. Participants will be guided through a sample of writing exercises which may help them begin or enrich their own journaling practice.
Free Drop-in Squash	12:30-1:30	Court D Squash	Free squash lessons for current students every Wednesday, taught by Squash Manitoba instructor Tom Brown! All equipment provided.
Free Drop-in Ultimate	12:30-1:30	RecPlex, Field B	Free drop-in Ultimate for students every Wednesday in the RecPlex. Equipment provided.
Budgeting for Student Life	1:30-2:30	Riddell Cafeteria	A presentation on resources available and important factors to consider for creating monthly and annual budgets. This session will also include information on scholarships and bursaries at UWinnipeg and tips on how to look for and apply for other financial assistance and government student aid.

Thursday, November 8

Where's Your Greenspace?	10:00-3:00	Riddell Atrium, Table 7	Mark your favorite parks and other nature retreats on a map of the city. We'll be talking about the connections between time spent in natural environments and mental health.
Free Drop-in Pickleball	11:00-12:00	RecPlex Community Gym	Free drop-in Pickleball for students every Thursday in the RecPlex Community Gym. All equipment provided.
Which Bin Does It Go In?	11:00-2:00	Riddell Atrium, Table 6	Spreading awareness about proper recycling techniques by showing which common food wastes can be composted or recycled.
My Study Needs	11:00-2:00	First Floor, Richardson College	What do you need to study? Join us as we make bookmarks and chat about positive study habits.
Plug In Gallery Contest & Info Table	11:00-2:00	Thursday – Bottom of Escalators @ Security	Come take a selfie and answer the question "How does art help you thrive?" for a chance to win the Plug In Gallery prize basket! Get creative and don't forget to share under #pluginICA and #UWinnipegThrives. Come learn more about PlugInICA's FREE & accessible programming for ALL! Students can learn more about PlugInICA's youth programming, panel discussions, artist talks, exhibitions, and where to find them on campus!
University of Winnipeg Bookstore Carnival	11:00-2:00	University of Winnipeg Bookstore	Come and enjoy the Bookstore Carnival; this is your chance to get silly, have fun, and act like a kid again! Play games to earn tickets towards a prize of your choice.
Diabetes Awareness Table	11:30-1:00	Riddell Atrium, Table 3	November is Diabetes Awareness Month and 11 million Canadians are living with diabetes or prediabetes. Chances are, diabetes affects you or someone you know. Learn the many signs and symptoms that can indicate diabetes, the different types of diabetes and risk factors
Free Drop-in Racquetball	12:00-1:00	Court B Raquet	Free racquetball lessons for current students every Thursday, taught by Canadian Champ Jen Saunders! All equipment provided.
Mindfulness Meditation	12:30-1:00	U of W Chapel, Bryce Hall	Drop in and enjoy a guided mindfulness meditation.

Free trial! Lunch Fitness - Yoga	12:30-1:30	RecPlex, Multi-Purpose Room	Come and try our Vinyasa Flow classes!
Get Hired at the Career Fair!	1:00-4:30	Centennial Foyer, Table 8	General information about the Career Fair (date, time, location, exhibitors registered)

Friday, November 9

Condom Bar	11:00-2:00	Riddell Atrium, Table 6	Come fill your goodie bag with condoms and other treats while contributing to a dialogue about sexual health!
Diabetes Awareness Table	11:30-1:00	Riddell Atrium, Table 3	November is Diabetes Awareness Month and 11 million Canadians are living with diabetes or prediabetes. Chances are, diabetes affects you or someone you know. Learn the many signs and symptoms that can indicate diabetes, the different types of diabetes and risk factors
Free Drop-in Basketball	12:00-1:00	RecPlex Community Gym	Free drop-in basketball for students every Friday in the RecPlex Community Gym. Equipment provided.
Free trial! Lunch Fitness - Bosu Body	12:00-1:00	RecPlex, Multi-Purpose Room	Come for a fun workout!
Free Drop-in Soccer	12:00-1:30	RecPlex, Field A	Free drop-in soccer for students every Monday, Wednesday, and Friday in the RecPlex. Equipment provided.
Free Drop-in Ultimate	12:00-1:30	RecPlex, Field B	Free drop-in Ultimate for students every Wednesday in the RecPlex. Equipment provided.
Colours of Wellness Craft Table	12:30-1:30	Riddell Atrium, Table 4	Come and take what you need! 7 different colours will be associated with the 7 dimensions of wellness. Examples of activities include, bracelet making, origami, colouring, etc.

All Week

#UWinnipegThrives Instagram Contest	-	-	Share how you are thriving during Thrive Week using #UWinnipegThrives. One lucky participant will win an awesome self-care package. Happy Thriving!
Health and Wellness Peer Educator Info Table	11:00-2:00	Riddell Atrium, Table 5	Learn more about wellness resources around campus, the Health and Wellness Peer Educators, and Thrive Week related events.
Colouring in the Library	All day	Library, 5th floor	All week long, the UWinnipeg Library will feature a smattering of colouring books and supplies throughout the tables of the 5th floor atrium. Feel free to stop by, enjoy some natural sunlight, and colour as much as you want. Staying within the lines is completely optional.
My Degree and Me - Academic Advising	MWTh 11:00-1:00, TF 11:00-12:30	Riddell Atrium, Table 2	An advisor will be available for drop in academic advising.
Free Beginner Fitness Centre Orientations	Register online or enquire @ Duckworth Front Desk	Duckworth Fitness Center	Unfamiliar with the Weight Room? Unsure of how to adjust the equipment? Register online for a free guided tour and equipment demonstration. https://recreationservices.uwinnipeg.ca/Program/
Free Beginner Fitness Centre Orientations - Women & Non Binary	Register online or enquire @ Duckworth Front Desk	Duckworth Fitness Centre	Unfamiliar with the weight room? Unsure of how to adjust the equipment? Register online for a free guided tour and equipment demonstration. https://recreationservices.uwinnipeg.ca/Program/
Freshen Up - Infused Water	Regular Office Hours	Wellness Centre & Student Services Lobby	Drop by the Wellness Centre or the Student Services Lobby to enjoy fruit infused water.
Take a Heart, Leave a Heart	Regular Office Hours	Wellness Centre	Take a heart with the message you need to fill you up today and leave a heart with a message of encouragement for someone else.