

July
2026

Congratulations! 🎉 to last month's Internal Wellness Rewards winners: Yvonne Fuller, Student Experience and Olivia Stoetzer, Housing & Ancillary Services



Monday	Tuesday	Wednesday	Thursday	Friday
Scan this QR code or visit Living Well @ Western to register for our wellness activities 	Visit the Living Well @ Western to sign up for our mailing list! 	HAPPY 159th CANADA DAY 	Zumba 12:10 – 12:50 p.m. AHB Rm 2B15 Global Cafe 3:00 – 5:00 p.m. IGAB Atrium	****Friday Drop-In 12:00-1:00 pm AHB 2B15
6 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual Circuit Training 12:10 – 12:50 p.m. AHB Rm 2B15 *Friends of the Gardens Plant Sale 	7 Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15 Zen Meditation 2:00 – 2:20 p.m. AHB Rm 2B15	8 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual Western Farmers Market 10:00 a.m. – 2:00 p.m. Top of UC Hill Out At The Beach Pride Celebration 12:00 p.m. – 2:00 p.m. UCC Concrete Beachc Pilates 12:10 – 12:50 p.m. AHB Rm 2B15 Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m. **Free Store Donation	9 Zumba 12:10 – 12:50 p.m. AHB Rm 2B15 Global Cafe 3:00 – 5:00 p.m. IGAB Atrium	10 ****Friday Drop-In 12:00-1:00 pm AHB 2B15
13 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual Circuit Training 12:10 – 12:50 p.m. AHB Rm 2B15 *Friends of the Gardens Plant Sale	14 Transforming Tension: Health Ways to Process and Release Anger, Annoyance, & Frustration 12:00 – 1:00pm SEI 2110 Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15 Zen Meditation 2:00 – 2:20 p.m. AHB Rm 2B15	15 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual Western Farmers Market 10:00 a.m. – 2:00 p.m. Top of UC Hill Pilates 12:10 – 12:50 p.m. AHB Rm 2B15 Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m. **Free Store Donation	16 Zumba 12:10 – 12:50 p.m. AHB Rm 2B15 Global Cafe 3:00 – 5:00 p.m. IGAB Atrium 	17 ****Friday Drop-In 12:00-1:00 pm AHB 2B15
20 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual Circuit Training 12:10 – 12:50 p.m. AHB Rm 2B15 *Friends of the Gardens Plant Sale 	21 Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15 Zen Meditation 2:00 – 2:20 p.m. AHB Rm 2B15	22 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual Western Farmers Market 10:00 a.m. – 2:00 p.m. Top of UC Hill TELUS Webinar: Healthy Eating on a Budget 12:00 – 1:00pm Pilates 12:10 – 12:50 p.m. AHB Rm 2B15 Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m. **Free Store Donation	23 Zumba 12:10 – 12:50 p.m. AHB Rm 2B15 Global Cafe 3:00 – 5:00 p.m. IGAB Atrium	24 ****Friday Drop-In 12:00-1:00 pm AHB 2B15
27 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual Circuit Training 12:10 – 12:50 p.m. AHB Rm 2B15 *Friends of the Gardens Plant Sale	28 Building 2SLGBTQIA+ Allyship Into Workplace Culture 12:00 p.m. – 1:00 p.m. Virtual Living Well Yoga 12:10 – 12:50 p.m. AHB Rm 2B15 Zen Meditation 2:00 – 2:20 p.m. AHB Rm 2B15	29 Rise & Shine Yoga 6:30 – 7:00 a.m. Virtual Western Farmers Market 10:00 a.m. – 2:00 p.m. Top of UC Hill Pilates 12:10 – 12:50 p.m. AHB Rm 2B15 Online: Gentle chair yoga/meditation 2:45 – 3:00 p.m. **Free Store Donation	30 Zumba 12:10 – 12:50 p.m. AHB Rm 2B15 Global Cafe 3:00 – 5:00 p.m. IGAB Atrium 	31 ****Friday Drop-In 12:00-1:00 pm AHB 2B15



* **Friends of the Gardens Plant Sale** – Mondays 12:30 – 1:30 p.m. East of B&GSB

****Free Store Donation** -You can **donate or shop** on Wednesdays 11:30am - 1:30 p.m. AHB 1B09

*******Friday Drop-In** Join us for a flexible, self-directed workout session. You're free to move at your own pace, with the option to follow a streamed video for a semi-structured workout if you'd like a bit of guidance.