

Festival of Wellbeing

27 JUNE - 8 JULY 2016

Take time out to enjoy the University's annual programme of health and wellbeing events. Talks, workshops, tours and sporting activities are being held across the different University sites.



Wellbeing and Work • The Power of Negotiation
Mental Health Awareness • Free sports sessions
South American Drumming • Tea, Cake and Ergonomics
University Library Exhibition • CAMbens Drop In
Mindfulness • Relaxation Workshops • Come and Sing
Great St Mary's Tour • Breast Cancer Awareness
Defeating Dementia • Alcohol Awareness • College Garden Tours
Fitzwilliam Museum Tour • SAP Open Forum

For more event information and to book:

www.wellfest.admin.cam.uk

"The University is fully committed to ensuring the wellbeing of its staff and students. I encourage everyone to attend the wide range of activities on offer during the Festival of Wellbeing."

Professor Eilís Ferran FBA
Pro-Vice-Chancellor for Institutional and International Relations

"I encourage all staff to find the time to participate in the events and sessions that will be taking place across the different University sites."

Dr Jonathan Nicholls
Registrar



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Booking for most events is required