



Mental Health
Foundation



STRESS

:ARE WE COPING?

MENTAL HEALTH AWARENESS WEEK
14-20 MAY 2018
mentalhealth.org.uk

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Challenge Step Challenge Step Challenge Step Challenge Step Challenge

Bath MIND
Mental Health

Awareness session
Newton Park
CM.122
9.45 - 11.45am

Reflexology/
massages

Newton Park
CM.122
10am - 3pm

Gym drop-in
session

12pm - 1pm

Introduction to
Mindfulness

Newton Park
MH.G16
9.30 - 11.30am

Reflexology/
massages

Newton Park
MH.G16
9.30am - 2.30pm

Reflexology/
massages

Corsham Court F.40
10am - 3pm

45 min
guided walk
Meet in Commons
Atrium at 12pm

Pilates session

Sion Hill T.102A
12pm - 1pm

Reflexology/
massages

Newton Park
MH.G15
9.30am - 2.30pm

Gym
drop-in session
SU Gym
12pm - 1pm

Gym
drop-in session
SU Gym
12pm - 1pm

Yoga session

Newton Park
MH.G16
12.15 - 1pm

45 min
guided walk
Meet by Students'
Union at 12pm

First Knitting
Club session

Newton Park MH.G14
2pm - 3pm

Chilli plant
sunflower planting

Newton Park
MH.G14 1 - 2pm

Reflexology/
massages

Newton Park
MH.111
2.10 - 4.30pm