

THRIVE SESSIONS 2019

GET ACTIVE, STAY HEALTHY, THRIVE

THRIVE sessions are free for University of Essex students and aim to support physical and mental wellbeing.

Simply book your place by emailing thrive@essex.ac.uk or just turn up on the day.

Monday 28 January - Friday 22 March

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------|---|---|--|
| | | Flow 10.15am-10.45am Lakeview Room Silberrad Centre | | |
| | | Focus 1.15pm-1.45pm 5A.108 | Focus 2.15pm-2.45pm NTC.3.03 | |
| Fitness 6.15pm-6.45pm Studio 3&4 (Arena) | | Flow 5.15pm-5.45pm 5.300 A (Colloquium Room) | | Fitness 5.15pm-5.45pm Studio 3&4 (Arena) |

For more activities to help you THRIVE, visit www.essex.ac.uk/sport



DON'T JUST SURVIVE, THRIVE.

What is THRIVE? A series of pop-up sessions across our Colchester Campus to help students get active, stay healthy and **#THRIVE**

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|-----------------|---|
| FOCUS: | Relax the body and mind in these seated meditations. |
| FLOW: | Gentle flowing sequences to relax the body and mind, helping to release tension and promote a sense of calm. |
| FITNESS: | Re-energise and let off some steam in these pad and glove sessions. Fun, energetic and suitable for all levels. |

No experience necessary. All equipment is provided, just come in suitable exercise/sports wear and trainers, and bring a bottle of water.