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| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>3</p> <p>Calm Zone 10am-12pm NH008</p> <p>Mindful Monday Facebook Wellbeing at GCU offer counselling, mental health advisers, disability and wellbeing support</p> | <p>4</p> <p>Calm Zone 10am-12pm NH008</p> <p>Radio Caley Come and Try meet SA Welcome Desk at 11am</p> | <p>5</p> <p>Calm Zone 10am-12pm NH008</p> <p>Lunchtime walk with FTO's meet at SA Welcome Desk at 12.30pm</p> <p>ARC gym FREE pass*</p> | <p>6</p> <p>Calm Zone 10am-12pm NH008</p> <p>Time to Talk Day- we want everyone to have a conversation about mental health</p> <p>ARC gym FREE pass*</p> | <p>7</p> <p>Calm Zone 10am-12pm NH008</p> <p>ARC gym FREE pass*</p> |
| <p>10</p> <p>Calm Zone 10am-12pm NH008</p> <p>Mindful Monday Facebook Weightlifting Come & Try 7-8pm ARC gym</p> <p>ARC gym FREE pass*</p> <p>Students' Association offers advice and support at the Advice Centre</p> | <p>11</p> <p>Calm Zone 10am-12pm NH008</p> <p>Feel Fruity Feb on campus with FTO's</p> <p>ARC gym FREE pass*</p> <p>Radio Caley Come and Try meet SA Welcome Desk at 11am</p> | <p>12</p> <p>Calm Zone 10am-12pm NH008</p> <p>Sustainable Food ABC Live 2pm-4pm online</p> <p>ARC gym FREE pass*</p> <p>LGBT+ Mental Health in our Community 6-8pm in NH208</p> | <p>13</p> <p>Calm Zone 10am-12pm NH008</p> <p>The Circle Galentine's Day empowering women Re:Union Bar 2PM-5PM</p> <p>The Circle Galentine's Movie Night in NH209</p> <p>ARC gym FREE pass*</p> | <p>14</p> <p>Calm Zone 10am-12pm NH008</p> <p>ARC gym FREE pass*</p> |
| <p>17</p> <p>Calm Zone 10am-12pm NH008</p> <p>Mindful Monday Facebook Hula Hooping with FTO's</p> <p>ARC gym FREE pass*</p> <p>Men's Hockey Come and Try at ARC gym 5-6pm.</p> | <p>18</p> <p>Calm Zone 10am-12pm NH008</p> <p>ARC gym FREE pass*</p> <p>Radio Caley Come and Try meet SA Welcome Desk at 11am</p> | <p>19</p> <p>Calm Zone 10am-12pm NH008</p> <p>Paws for Stress NH008 11am-1pm. Book here</p> <p>ARC gym FREE pass*</p> <p>Drama at 2pm in NH008</p> | <p>20</p> <p>Calm Zone 10am-12pm NH008</p> <p>ARC gym FREE pass*</p> <p>Chess Society at 5pm in NH208</p> | <p>21</p> <p>Calm Zone 10am-12pm NH008</p> <p>ARC gym FREE pass*</p> |
| <p>24</p> <p>Calm Zone 10am-12pm NH008</p> <p>Mindful Monday Facebook Hula Hooping Challenge Netball Come and Try 7:30pm to 9:30pm in the ARC gym.</p> <p>ARC gym FREE pass*</p> | <p>25</p> <p>Calm Zone 10am-12pm NH008</p> <p>Dance Come & Try 7.15-8.15pm Small Gym at ARC gym</p> <p>ARC gym FREE pass*</p> <p>Radio Caley Come and Try meet SA Welcome Desk at 11am</p> | <p>26</p> <p>Calm Zone 10am-12pm NH008</p> <p>ARC gym FREE pass*</p> <p>Drama at 2pm in NH008</p> <p>LGBT GLITTER BALL</p>  | <p>27</p> <p>Calm Zone 10am-12pm NH008</p> <p>ARC gym FREE pass*</p> <p>Chess Society at 5pm in NH208</p> | <p>28</p> <p>Calm Zone 10am-12pm NH008</p> <p>Chair Yoga with Psychology Society 11am NH209</p> <p>ARC gym FREE pass*</p> |

UNIVERSITY MENTAL HEALTH DAY 5th MARCH

LOOK OUT ON SOCIAL MEDIA FOR MORE INFO

*ARC FREE GYM PASS CONTACT VP SCEBE AT VP_SCEBE@GCUstudents.co.uk or on [Facebook](#)