

Being Healthy and S.H.A.G. Week

Monday 30th January - Friday 3rd February 2012

raising awareness and getting YOU involved in Health and Well-Being



In College this week:

Free Porridge available Hele Road Refectory and Falcon House cafe.

Free Yoghurt available Victoria House and CCI coffee shops

Free Fruit available Marsh Barton

All week

Student Union SHAG Day offering sexual health advice and guidance. Come and take part in our Sexual Health Games and learn how to be safe in a fun way.

Monday 30th CCI Foyer

Health screenings which will involve measuring individuals: heart rate, blood pressure, lung capacity, strength, body composition, height and weight and rowing challenge in aid of the College Charity

Tuesday 31st CCI Foyer
Thursday 2nd Tower Foyer
Friday 3rd Falcon House and Marsh Barton

Health and Wellbeing stalls X-PLORE, Night Stop Exeter, Eddystone, Y-Smart, STEPS, Balloons, CAMHS, Beauty Therapy - Indian Head Massages and Manicures

Tuesday 31st CCI Foyer

Sporting Legends dress up as your favourite sporting legend for the day

Friday 3rd Sports Hall

Sporting Legends Fun Exercise Class come and give it a go. Laughter is the best medicine!

Friday 3rd 12:15 - 1:00pm
Sports Hall

Yoga – come and try it

Tuesday 31st, Wednesday 1st
12:30 - 1:00pm Dance Studio

Healthy Eating Stalls Smoothies and Flapjack.

Wednesday 1st Tower Foyer
9:30am - 12:00pm

Chlamydia screenings

**Monday 30th and
Wednesday 1st** CCI Foyer

Staying Alive! - Hands Only CPR Come and see how it's done, you never know when you may have to use it yourself.

Thursday 2nd
12:15 - 1:00pm Tower Foyer