

# UNIVERSITY MENTAL HEALTH DAY

THURSDAY 12 MARCH

YOGA

CRAFTS

GAMES

FREE ACTIVITIES  
THROUGHOUT THE DAY

JOHN  
RADCLIFFE



OLD ROAD  
CAMPUS

BOOK ACTIVITIES

# PROGRAMME OF ACTIVITIES

## John Radcliffe Hospital

- 11:30 - 12:15      ***Yoga (NDS Seminar Room)***  
Bust your stress with a free yoga session  
**[Book here](#)**
- 11:30 - 13:00      ***Thriving at Oxford: Live Well, Work Well (NDS Teaching Room)***  
A workshop with resources, tips and exercises to boost wellbeing  
**[Book here](#)**
- 12:30 - 14:30      ***Table Tennis (NDS Seminar Room)***  
Drop in for a round of table tennis - you don't need to bring anything but yourself!  
**No booking needed**
- 13:15 - 14:30      ***Crafts (NDS Teaching Room)***  
Join us for a relaxing session of knitting and/or colouring  
**No booking needed**

## ORCRB

- 13:00 - 15:00      ***Boardgames and Crafts (Knowledge Centre Meeting Room)***  
Join us for boardgames and various crafts!  
**No booking needed**