

Mental Health Awareness Week 9-13 May

Monday 9 May	Tuesday 10 May	Wednesday 11 May	Thursday 12 May	Friday 13 May
				
10am – 4pm Table tennis Library Plaza	12-2pm Chat with the Student Wellbeing Service Library Plaza	12-1pm and 1-2pm Leather craft session 32L.B.07	12-2pm Volunteering popup Library Plaza	12-2pm Tea and coffee Library Plaza
11am – 2pm Pottery with Sculpt NAB 8.01 and NAB 8.02	12-2pm Find out how LSESU Advice Service can support you Library Plaza	12-1pm Skip fit Weston Rehearsal Studio, MAR	12-2pm Free KeepCups Library Plaza	12-2pm You've got mail – write a support postcard to yourself or a friend Library Plaza
11am – 5pm The Zen Project – an American school bus full of zen activities! The CBG Square/Plaza	12-2pm Smoothie bike – cycle to make your own smoothie! Library Plaza	12-2pm Tea and coffee Library Plaza	12.30-1.30pm Ashtanga yoga The Desert Room, Faith Centre	12-2pm Take a quick break with LSE LIFE Library Plaza
12-2pm Tea and coffee Library Plaza	12-2pm Meet with Mind, the mental health charity Library Plaza	12-2pm Dogs on campus Library Plaza		
12-2pm Colour in an illustration of campus Library Plaza	1-2pm Ashtanga yoga The Desert Room, Faith Centre	12-2pm Acupuncture LSE Treatment Clinic, 1st floor FAW	12 noon 3k run or walk Starting point: LSE Globe	
1.30-4pm Chill out with a 15-minute massage Library Plaza	Free activities for everyone in the LSE community			



Scan here to book onto these events!

Supporting you at LSE
lse.ac.uk/youve-got-this