



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Canada Day	2	3 CUE Tailgate Twister: Social Distancing Style 12-3pm - Faculty & Staff 4-7pm - Students	4
5	6 Challenge Begins Mindful Monday 9:00-10:00am	7 Wellness Walk 12:00-12:30 Led by Student Life & Learning	8	9 Meditation for a restful nap 12:00-12:30	10 English Conversation Club 3:00-4:30pm	11
12	13 Mindful Monday 9:00-10:00am	14 Wellness Walk 12:00-12:30 Led by CSA	15	16	17 English Conversation Club 3:00-4:30pm	18
19	20 Mindful Monday 9:00-10:00am	21 Wellness Walk 12:00-12:30 Led by HR	22	23 Meditation for a restful nap 12:00-12:30	24 English Conversation Club 3:00-4:30pm	25
26	27 Mindful Monday 9:00-10:00am	28 Wellness Walk 12:00-12:30 Led by Custodial & Security Services	29	30	31 English Conversation Club 3:00-4:30pm Challenge Ends	

Email total points to wellness@concordia.ab.ca by August 5th!

CUE Wellness Challenge Event Calendar

July Wellness Challenge Registration - Join in the fun!

Register anytime by emailing the challenge registration form to: wellness@concordia.ab.ca

Registration form link: <https://concordia.ab.ca/wp-content/uploads/2020/06/July-2020-Wellness-Challenge-Registration-Form.docx>

CUE Tailgate Twister: Social Distancing Style

12-3pm -Staff & Faculty Event

4-7pm -Student Event

Hole Academic Centre parking Lot

Come for an hour and enjoy a variety of activities (Zumba, Yoga, Games).

Mindful Mondays 9:00-10:00am - No registration or RSVP required

We'll chat about various topics related to social connection and mindfulness.

Join at: <https://meet.google.com/szc-hewx-ocd>

Wellness Walks 1200:1230 - No registration or RSVP required

Grab your walking shoes and join us every Tuesday for a 30 minute walk.

Meet out front of the Hole Academic Centre entrance at 12:00 sharp!

Walks will go ahead rain or shine.

Meditation for a restful nap 12:00-12:30 - No registration or RSVP required

Participants will need a pillow and a quiet space.

Join at: <https://meet.google.com/yqi-opet-fjp?hs=122>

English Conversation Club 3:00-4:30pm - No registration or RSVP required

A place for members of the CUE community – students, staff, and faculty – from Canada and around the world, to come together to exchange ideas, cultural perspectives, and knowledge on a variety of topics.

Join at: <https://meet.google.com/hoy-rsqy-gcm>