Monday 28th January

Office of Post Doctoral Affairs: How They Can Support You and Their Plans for the Next Year
11:00—12:30, Ryle Seminar Room

Tai Chi class
13:00—13:45, Ryle Seminar Room

Postdocs, Work and Family Life: Let’s Talk About Mental Health Stigma in Academia
14:00—15:30, Mott Seminar Room

Tuesday 29th January

How Resilient are You?: Cultivating Resilience for Well-being in an Academic Career
11:00—12:00, Ryle Seminar Room

Dr Bike
All day, Pippard Patio Area

Research on Mental Health of PhD Students
12:00—13:00, Pippard Lecture Theatre

The Brainfit Workout
13:00—13:45, Ryle Seminar Room

Nordic Walking
14:00—15:30, Meet in Bragg Committee Room

Wednesday 30th January

Running activity
12:00—13:00, Meet at Reception

Cycle Safety seminar
12:00—13:00, Bragg Committee Room

Implicit/Unconscious Bias
14:00—15:00, Ryle Seminar Room

Thursday 31st January

Occupational Health & Counselling Service
11:00—12:00, Ryle Seminar Room

Cycle Maintenance workshop
10:30—12:30, Pippard Foyer Area

Pilates class
13:00—13:45, Ryle Seminar Room

Yoga class
14:00—14:45, Ryle Seminar Room

Friday 1st February

Movement Medicine for Sitting at a Desk
11:45—12:15, Lecture Foyer Rooms A & B

CAMbens & Financial Well-being
12:00, Ryle Seminar Room

Lunchtime Table-top Information Session for CAMbens, Newcomers & Visiting Scholars and University Sports Centre
12:45—13:45, Bragg Common Room

Happy Hour
16:00—Onwards, Bragg Common Room

Open to all members of the Department of Physics
Over 15 events throughout the week—all free of charge

For queries, please contact hr@phy.cam.ac.uk or visit Bragg 205

Scan QR code to book an event!