












June  
2026

Congratulations! 🎉 to last month's Internal Wellness Rewards winners: James Noel, Chemistry and Kathilyn Allewell, Schulich School of Medicine & Dentistry



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><b>Rise &amp; Shine Yoga</b> 6:30 – 7:00 a.m. Virtual</p> 	<p>2</p> <p><b>Living Well Yoga</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>Zen Meditation</b> 2:00 – 2:20 p.m. AHB Rm 2B15</p>	<p>3</p> <p><b>Rise &amp; Shine Yoga</b> 6:30 – 7:00 a.m. Virtual</p> <p><b>Pilates</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>Online: Gentle chair yoga/meditation</b> 2:45 – 3:00 p.m.</p> <p><b>*Free Store Donation</b></p>	<p>4</p> <p><b>Zumba</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>Global Cafe</b> 3:00 – 5:00 p.m. IGAB Atrium</p>	<p>5</p> <p><b>Start your Outdoor Wellness Bingo today!</b></p> 
<p>8</p> <p><b>Rise &amp; Shine Yoga</b> 6:30 – 7:00 a.m. Virtual</p> <p><b>Circuit Training</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>**FOGS Plant Sale</b></p>	<p>9</p> <p><b>Living Well Yoga</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>Zen Meditation</b> 2:00 – 2:20 p.m. AHB Rm 2B15</p>	<p>10</p> <p><b>Rise &amp; Shine Yoga</b> 6:30 – 7:00 a.m. Virtual</p> <p><b>Pilates</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>Online: Gentle chair yoga/meditation</b> 2:45 – 3:00 p.m.</p> <p><b>*Free Store Donation</b></p>	<p>11</p> <p><b>Zumba</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>Global Cafe</b> 3:00 – 5:00 p.m. IGAB Atrium</p> 	<p>12</p>
<p>15</p> <p><b>Rise &amp; Shine Yoga</b> 6:30 – 7:00 a.m. Virtual</p> <p><b>Circuit Training</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>**FOGS Plant Sale</b></p>	<p>16</p> <p><b>Living Well Yoga</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>Zen Meditation</b> 2:00 – 2:20 p.m. AHB Rm 2B15</p> 	<p>17</p> <p><b>Rise &amp; Shine Yoga</b> 6:30 – 7:00 a.m. Virtual</p> <p><b>Pilates</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>Online: Gentle chair yoga/meditation</b> 2:45 – 3:00 p.m.</p> <p><b>Sunlife Webinar: Building Wealth Through Investing</b> 3:00 – 4:00 p.m.</p> <p><b>*Free Store Donation</b></p>	<p>18</p> <p><b>Zumba</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>Global Cafe</b> 3:00 – 5:00 p.m. IGAB Atrium</p> 	<p>19</p> <p><b>Learn Something New!</b> *Check out the free learning courses available through WTS.</p>
<p>22</p> <p><b>Rise &amp; Shine Yoga</b> 6:30 – 7:00 a.m. Virtual</p> <p><b>Native Plant Giveaway</b> 11:30 a.m. – 1:00 p.m. Western Community Garden</p> <p><b>Circuit Training</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>**FOGS Plant Sale</b></p>	<p>23</p> <p><b>Living Well Yoga</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>Zen Meditation</b> 2:00 – 2:20 p.m. AHB Rm 2B15</p> <p><b>Art &amp; Pollinator Tour</b> 2:30 – 3:30 p.m. Meet @ McIntosh Gallery</p>	<p>24</p> <p><b>Rise &amp; Shine Yoga</b> 6:30 – 7:00 a.m. Virtual</p> <p><b>Pilates</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>Online: Gentle chair yoga/meditation</b> 2:45 – 3:00 p.m.</p> <p><b>*Free Store Donation</b></p>	<p>25</p> <p><b>Zumba</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>Global Cafe</b> 3:00 – 5:00 p.m. IGAB Atrium</p> 	<p>26</p> <p><b>Bee Bath Building Workshop</b> 12:10 – 12:50 p.m. WIRB Patio</p>
<p>29</p> <p><b>Rise &amp; Shine Yoga</b> 6:30 – 7:00 a.m. Virtual</p> <p><b>Circuit Training</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>**FOGS Plant Sale</b></p> 	<p>30</p> <p><b>Living Well Yoga</b> 12:10 – 12:50 p.m. AHB Rm 2B15</p> <p><b>Zen Meditation</b> 2:00 – 2:20 p.m. AHB Rm 2B15</p>	<p>Scan this QR code or visit <a href="#">Living Well @ Western</a> to register for our wellness activities</p> 	<p>Visit the <a href="#">Living Well @ Western</a> to sign up for our mailing list!</p> 	<p><b>Notes:</b> <b>*Free Store Donation</b> -You can donate or shop on Wednesdays 11:30am - 1:30 p.m. AHB 1B09 <b>**FOGS Plant Sale</b> – Monday's 12:30 - 1:30 p.m. East of B&amp;GSB, Plant list <a href="#">here</a></p>