# THRIVE WEEK 2025

Thrive Booth Drop-in

RBC Atrium in Business &

Tim Horton's in Arts & Admin

9:30 a.m. – 4 p.m.

Pause. Recharge. Thrive.

Events for Students, Faculty and Staff

November 3 - 7

### Monday

Thrive Booth Drop-in 9:30 a.m. – 4 p.m. RBC Atrium in Business & Tim Hortons in Arts & Admin

Zen Den Drop-in 9:30 a.m. – 4 p.m. The Loft, UC-3013



10 a.m. – 2 p.m.

The Landing, UC-3015

Zen Den Drop-in 9:30 a.m. – 4 p.m. The Loft, UC-3013 Vaccine Clinic: Students & Faculty

Mindful Mondays 12 p.m. – 1 p.m. UC-5012

Thrive Kick-Off Event with President Dr. Janet Morrison 11 a.m. – 11:30 a.m. The Loft, UC-3013

Button Making Drop-in 1 p.m. – 4 p.m. Makerspace, L-2023 QEII Library



Thrive Booth Drop-in 9:30 a.m. – 4 p.m. RBC Atrium in Business & Tim Horton's in Arts & Admin

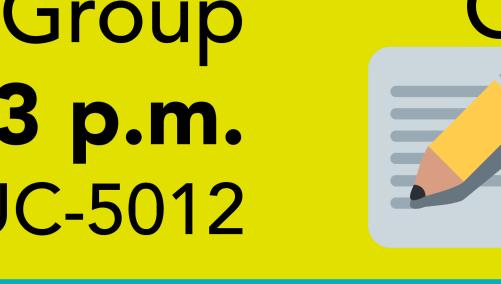


Vaccine Clinic: Employees 10 a.m. – 1 p.m. The Landing, UC-3015

Snuggle Stop: Kittens 1 p.m. – 4 p.m. The Landing, UC-3015



Social Game Group 1 p.m. – 3 p.m. UC-5012



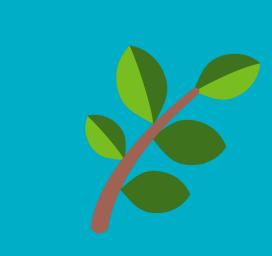
Goal Setting Workshop Virtual (Webex)



Thrive Week schedule

## Wednesday

Thrive Booth Drop-in 9:30 a.m. – 4 p.m. RBC Atrium in Business & Tim Horton's in Arts & Admin



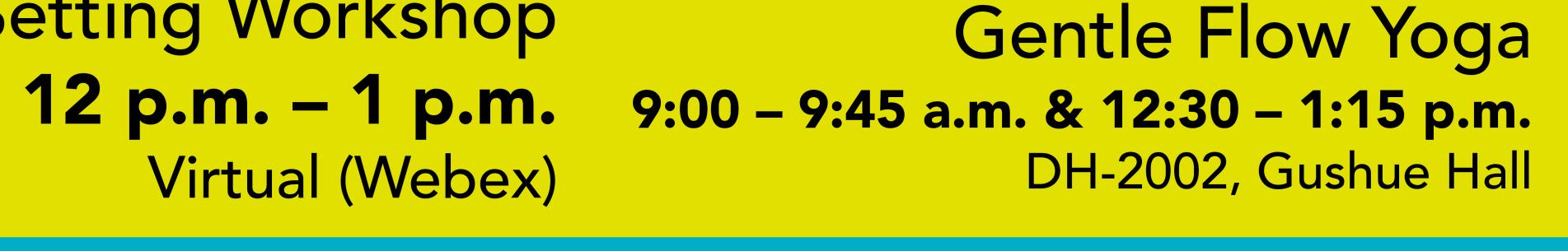
Zen Den Drop-in 9:30 a.m. – 4 p.m. The Loft, UC-3013

Oasis @ The IO

10 a.m. – 1 p.m.











Hike to Cape Spear

12 p.m. – 4 p.m. Meet at UC bus stop

### Thursday

Thrive Booth Drop-in 9:30 a.m. – 4 p.m. RBC Atrium in Business & Tim Horton's in Arts & Admin



Breakfast Boost

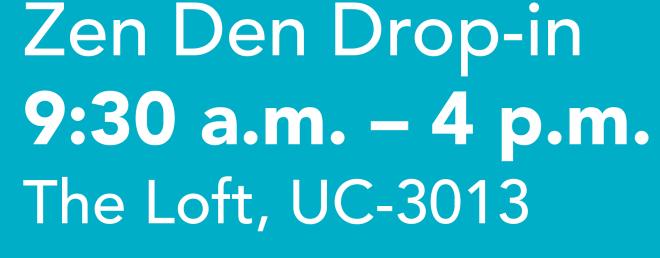
9 a.m. – 11 a.m.

The Landing, UC-3015

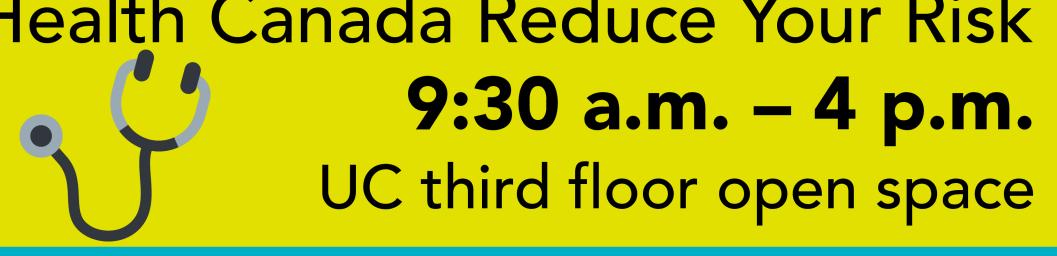


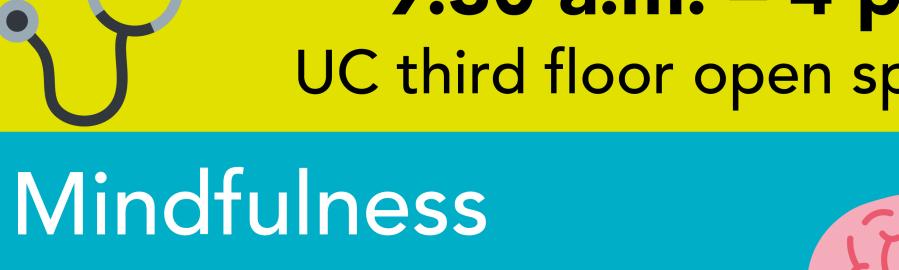
9:30 a.m. – 4 p.m

UC third floor open space









12 p.m. – 1 p.m.

The Landing, UC-3015







