

Thrive

Pause. Recharge. Thrive.

THRIVE WEEK 2025

MEMORIAL
UNIVERSITY

Events for Students, Faculty and Staff

November 3 - 7

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Monday

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

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Tuesday

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

5

Wednesday

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

6

Thursday

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

7

Friday

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

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Vaccine Clinic: Students & Faculty
10 a.m. – 2 p.m.
The Landing, UC-3015

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

Vaccine Clinic: Open to all
9 a.m. – 4 p.m.
The Landing, UC-3015

Health Canada Reduce Your Risk
9:30 a.m. – 4 p.m.
UC third floor open space

Health Canada Reduce Your Risk
9:30 a.m. – 4 p.m.
UC third floor open space

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

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

Oasis @ The IO
10 a.m. – 1 p.m.
Global Learning Centre 2004

Breakfast Boost
9 a.m. – 11 a.m.
The Landing, UC-3015

Mindfulness
12 p.m. – 1 p.m.
The Landing, UC-3015

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

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

Goal Setting Workshop
12 p.m. – 1 p.m.
Virtual (Webex)

Gentle Flow Yoga
9:00 – 9:45 a.m. & 12:30 – 1:15 p.m.
DH-2002, Gushue Hall

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

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

Mindfulness
5 p.m. – 6 p.m.
Engineering Building 4032A

Oasis @ The Landing
11 a.m. – 3 p.m.
The Landing, UC-3015

Hike to Cape Spear
12 p.m. – 4 p.m.
Meet at UC bus stop

Smudging & Storytelling with Elders
3 p.m. – 5 p.m.
Whale Atrium,
Core Science Facility



**Thrive Week
schedule**