

Well Now...

WELLBEING NEWSLETTER

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University of
St Andrews



Spa Open Evenings

The Kohler Waters Spa at the Old Course Hotel is offering all University of St Andrews staff an exclusive membership offer of no joining fee.

To see what is on offer and enjoy some of the facilities free of charge University staff are invited to **Spa Open Evenings** which will be held each Thursday evening during August, from 5.30pm.

There are limited spaces available at each open evening so please email gillian.harris@oldcoursehotel.co.uk to reserve your space.

Labyrinth Magic

On **August 24th**, early evening, we will be offering a meditative labyrinth walk. This will be run by Robert Holmes, a member of University staff who has been involved in meditation and labyrinth walks since 2008.

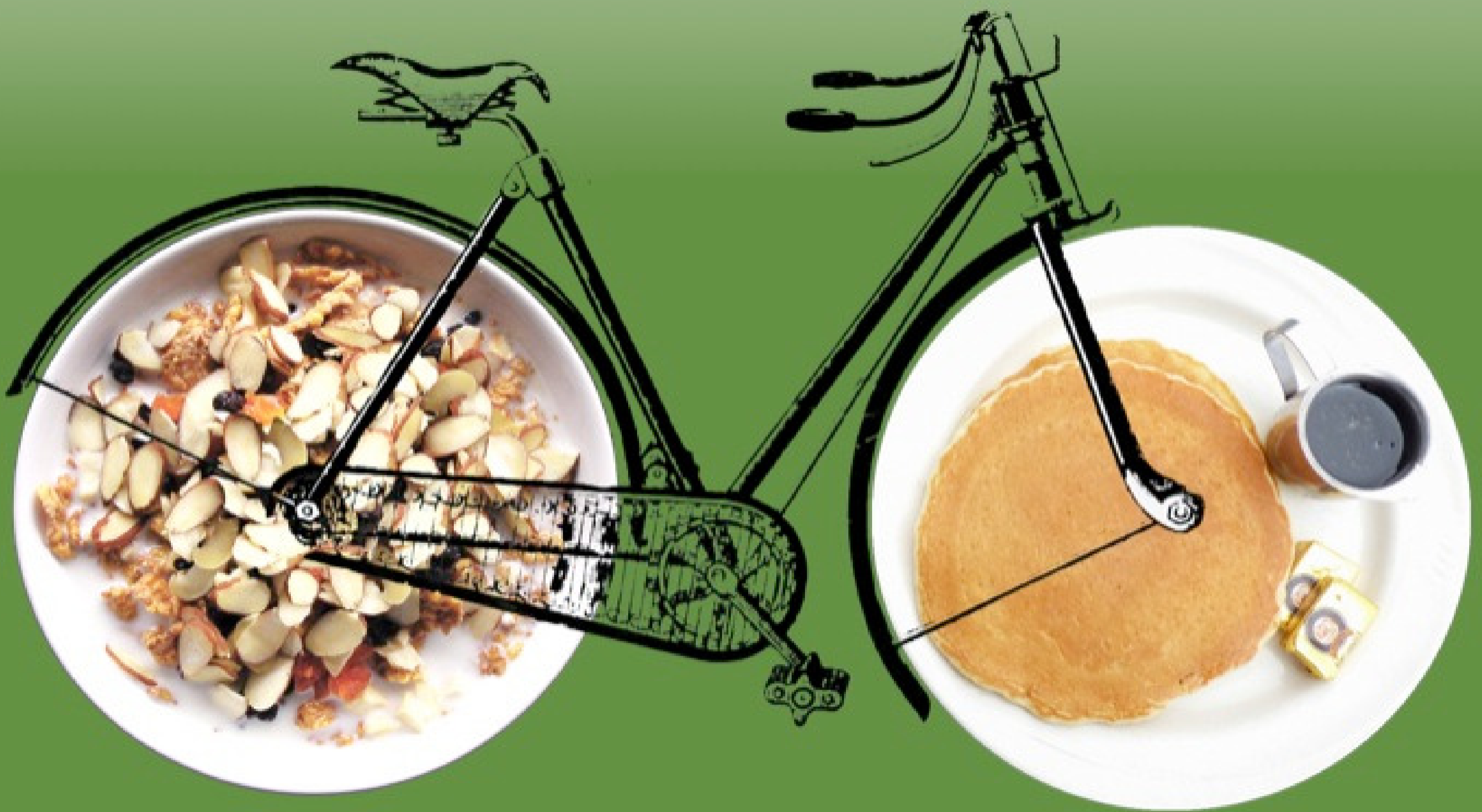
This event is now bookable. For more information and booking go to:

<https://www.st-andrews.ac.uk/pdms/?CourseID=6689>



Bike to Work **Breakfast**

Cycle to work on 25 August and get a
FREE breakfast - sit-down or takeaway!



A specialist from the St Andrews Bike Pool will be on hand for advice and help with bike maintenance and quick repairs

25 August, 8.00am – 9.00am
Students Association, Market St.
Open to all staff

Dealing with Difficult Behaviour : Part 1

Spaces are still available on this workshop taking place on **16 August**. Participants will be encouraged to be aware of themselves and to see what aspects of behaviours they employ. Self-awareness is an integral part of the day as change can only evolve if one changes oneself.

For more information and booking go to:

<https://www.st-andrews.ac.uk/pdms/?CourseID=6562>

Yes! *Please sign me up!*

If this newsletter has been forwarded to you, you can sign up to have future editions sent directly to you.

Just email wellgrp@st-andrews.ac.uk with 'Opt in' in the subject line.

See the Wellbeing webpage for more news, resources and information



<http://www.st-andrews.ac.uk/staff/wellbeing/>