



Dear Well Now Subscriber

There are two events coming up on 25 August as part of this month's 'Physical Fitness' theme:

- Bike to Work Breakfast
- Garden Fitness (and Food!)

Both events are FREE and no booking is required - just turn up. Further details are provided below

Don't forget that next Thursday (25 August again...) you are invited to attend an Open Spa Evening at the Kohler Spa, Old Course Hotel, from 5.30pm. Feedback on previous events has been fantastic, so go along to sample everything the Kohler Spa has to offer, and by all accounts you will be treated very well indeed.

Spaces are still available - please email [Gillian Harris](mailto:gillian.harris@st-and.ac.uk) at the Old Course Hotel to book a place.

Best wishes

Jos

Jos Finer

Head of Organisation & Staff Development

Centre for Academic, Professional & Organisational Development (CAPOD)

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Garden Fitness (and Food) event

Join Edible Campus and Callum Knox (Sports Centre Health & Fitness Manager) for a heart pumping series of gardening activities in an effort to grow healthy, local food at the **Garden Fitness (and Food)** event.

This will take place on **Thursday August 25th**, from **12:00 – 2:00pm** in the [Albany Park Garden](#) (click link for map) and is part of the University Wellbeing and Engagement Group 'Physical Fitness' theme for August.

You don't have to attend the whole session. Come along for the first hour (12.00 - 1.00pm) and then stay on as long as you want up to 2.00pm.

Callum will be on hand to provide safe garden techniques and there will be a range of physical activities suitable for anyone, ranging from light weeding and stretching to digging and mowing

This is *guaranteed* to be a rewarding lunch time session with the added benefit of ***harvesting you own food to take home!***

No booking is required - just turn up. Bring appropriate clothing and footwear.

For more information about the Edible Campus project and the community gardens around the University, visit the Edible Campus [website](#).

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

Images: Creative Commons; John Henschel; Joe Kunkler

Supported by the University Wellbeing and Engagement Group

Enquiries: wellgrp@st-andrews.ac.uk

Wellbeing webpages

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