



This is a special **Bulletin** edition of Well Now just to remind you about a few things that are coming up soon.

If you have any queries contact us at  
[wellgrp@st-andrews.ac.uk](mailto:wellgrp@st-andrews.ac.uk)

## Cancer awareness talk and lab tour

On 21 April Dr Paul Reynolds in the School of Medicine will deliver a repeat of last year's talk on cancer research. Dr Reynolds will once again deliver this highly recommended talk, followed by a lab tour, to help promote cancer awareness.

The talk and optional lab tour will take place at **1.00pm, 21 April**.

Places are limited but there are still spaces available. More details and booking via the university online booking system:

<https://www.st-andrews.ac.uk/pdms/?CourseID=6146>



Care and support  
through terminal illness

## 10k sponsored walk

Our 10K sponsored walk for Marie Curie takes place on **Saturday 23 April**, starting at 10.00am. The walk will take around 3 hours and is open to University staff and students. You can also bring along friends and family.

For more information and to sign up visit the Wellbeing 'News' page

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



# WWOW

Wee Walk Once a Week

We will be launching WWOW with an inaugural walk at **12.30 pm, Tuesday 10th May**.

If you are interested in joining the group, or becoming a Walk Leader visit the WWOW webpage for more information and to sign up:

<http://www.st-andrews.ac.uk/staff/wellbeing/wellbeing/news/wwow/#d.en.430324>

There are also a few places still available on the 2.5 hour Walk Leader training session on 11 May. Go to the University online booking system for more information and to book a place:

<https://www.st-andrews.ac.uk/pdms/?CourseID=6155>