Replenish Festival (7-11 June) is 5 days of events and experiences to help you recharge, relax and reflect after a challenging year.

Each day has its own focus with activities, talks, events and experiences tailored for the theme of that day:

Monday 7th June – ReSet
Tuesday 8th June – ReFrame
Wednesday 9th June– ReCreate
Thursday 10th June– ReLit
Friday 11th June– ReConnect

Register for any of the below activities here by selecting the corresponding day under ‘Programme of Events’.

Some options are:

- daily mindfulness session
- how to practise photography for wellbeing
- yoga sessions
- virtual cookalongs
- conversations and explorations of loneliness and connection
- creative workshops
- focus on how to make the words we use more comfortable and mean more

Please take a look at the activities each day because I think there will be something there for everyone!

Warm regards,
Lana
I am a **Health and Wellbeing Champion**.
Supporting health and wellbeing in my local area together with [Being Well at UCL](#)