

Francis, Soheni

From: Shiel, Lana
Sent: 26 May 2021 15:38
To: +Math.Academic; +Math.Postdocs; +Math.PhD; +Math.Support.Staff; +Math.Teaching.Fellows;
+Math.Coru
Subject: Replenish Festival 7-11 June - Wellbeing activities

UCL FACULTY OF ARTS & HUMANITIES



Replenish Festival 2021

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

Ms. Lana Shiel

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I am a **Health and Wellbeing Champion**.

Supporting health and wellbeing in my local area
together with [Being Well at UCL](#)

