

Mental Health Awareness Campaign at AEG

Session:	Monday 9 th Oct	Tuesday 10 th Oct [World Mental Health Day]	Wednesday 11 th Oct	Thursday 12 th Oct	Friday 13 th Oct
Start of day	<p>Happy Monday breakfast – King Street From 8.30am KS Kitchen Hosted by AEG Sports & Wellness Committee member - Kai</p> <p>Happy Monday breakfast – The O2 From 8.30am The O2 Breakout Room Hosted by AEG Sports & Wellness Committee members – Jasmine & Janine</p>	<p>Yoga Session – Indigo at The O2 8.30am – 9.30am At Indigo Provided by external instructor</p>		<p>Yoga session – Indigo at The O2 8.30am – 9.30am At Indigo Provided by external instructor</p>	<p>Early Morning ‘rave’ – B6 at The O2 8.30am – 9.30am Building Six Provided by external instructor</p>
Morning	<p>Health Check @ Better Gym Drop-in 9am – 1pm (5-10 mins) (Near The O₂) Provided by Better Gym</p> <p>Health Check – King Street Drop-in 9am – 1pm Provided by Pure Gym King Street Kitchen</p>	<p>Building Resilience Time TBC King Street Hosted by Dr Abi Lucas</p>	<p>Yoga class @ Pure Gym - Piccadilly (Near King Street) 10.30 am – 11.30 am Provided by Pure Gym</p>	<p>Happy Heads Workshop – The O2 10.30 am-11.30am Preview Centre External Provider</p>	<p>Crussh Smoothie making & samples - King Street 10.30 – 11.15am KS Kitchen Hosted by Crussh</p> <p>Massage – Preview at The O2 15min neck & shoulder massage 10am – 6pm Preview - The O2</p>
Lunch time	<p>Organised Net-Walk – King Street 1.30 – 2.30pm Hosted by Colin Chapple Meet at Almack House Reception , walk around Green Park</p>	<p>Sushi Rolling & Lunch – The O2 Hosted by Wasabi 1pm – 2pm</p>	<p>Puppy Love - The O₂ 1pm – 2pm Hosted by the Security dogs & handlers</p>	<p>Bootcamp Taster Session – The O2 12.30pm Central Park (The O₂)</p>	
Afternoon			<p>Marginal Gains – The O₂ 2.30pm – 3.15pm Hosted by Luke Fisher, CEO ThanksBox</p>		
End of day		<p>Kick Boxing – Location TBC Times TBC Near Green Park Hosted by External Provider</p>	<p>Five-a-side football – Hyde Park From 6pm Hyde Park Hosted by AEG Sports & Wellness Committee member - Adam</p>		<p>Group Up at The O2 4.30 – 6pm Base Camp</p>

(Version 1)