

<div><h1>WEBINARS</h1><div><p>ERIC MARAH Staying physically fit to remain mentally strong Monday 9th Nov 1-2pm</p></div><div><p>DARRAGH FLEMING Personal Responsibility & Mental Health Tuesday 10th Nov 1-2pm</p></div><div><p>ROB HEFFERNAN Stay Positive, A chat with a 5 time Olympian Wednesday 11th Nov 1-2pm</p></div><div><p>DA SILLY HEADS STIGMA IS SILLY (an interactive workshop with animation and real life stories) Thursday 12th Nov 1-2pm</p></div></div>		<h2>Positive Mind & Body Webinars</h2> <p>Fully confidential and does not require your camera or microphone to be on and you can change your name. 😊</p> <p>Email event@cit.ie with the name of the guest speaker and you'll receive the link. Join in to listen live.</p>
<h2>Yoga, Pilates & Meditation</h2> 	<p>Tuesday Pilate 1-2pm. Email gym@cit.ie Yoga 7-8pm. Register on the CIT Events Website</p> <p>Wednesday Yoga 1-2pm. Email gym@cit.ie Yoga 6-7pm. Register on the CIT Events Website Mindful Relaxation 7-8pm Register on the CIT Events Website</p> <p>Thursday Yoga & Strength for Sport 1-2pm. Email gym@cit.ie</p> <p>More info - http://www.mycit.ie/be_active</p>	
<h2>Winter Wellness KM Challenge</h2> 	<h3>16th Nov - 13th Dec 2020</h3> <p>Time to hit the open road :) Event medal for all who hit 150 Kms +</p> <p>Track your daily activity - walks, jogs or runs & email your weekly KM total by 2pm on Mondays.</p> <p>Register by emailing sport@cit.ie your Name, Student number and YOU set the target of what you hope to achieve. You have 27 days to clock as many KMS as you can.</p> <p>Set a goal to hit your targets by Dec 13th: 150 KM, 200 KM, 250 KM, 300 KM, 350 + K</p> <p>We will support each other every step of the way, with some nice rewards to keep us all motivated :)</p>	
<h2>Friday's Be Active Challenge</h2> 	<p>Last week's challenge winner was Julie O Shea, well done to Julie!! Voucher is on its way to you.</p> <p>Our challenge next Friday is 3 x10 Jump Squats</p> <p>Winner is chosen at random. Just complete the challenge and enter for Free. Email gym@cit.ie your entry, or tag us on social media.</p>	
<h2>Create Connections through SOCIETIES</h2> 	<p>Monday Pool & Board Games, Weekly games night 6pm- 10pm Discord Christian Union, Small groups 7-8pm & Quiz night Zoom</p> <p>Tuesday Enactus & WISTEM, LinkedIn Workshop & Guest Speaker Shawn Mealy 6pm on Zoom WISTEM, Quiz night at 7:15pm on Zoom</p> <p>Thursday ISS, Among Us games night at 6.15pm on Zoom 3D Design, Meeting at 6.30pm on Discord</p> <p>Friday Sci-Fi – Games night at 6pm on Discord Korean - Tale of the Nine Tailed screening at 6pm with prizes on Discord</p> <p>Saturday Sci-Fi – Screening at 6.30pm on Discord</p>	

On Behalf of all the staff involved in the Health & Wellbeing Initiative. We are here to support you,

Student Services	CITSU	Access	Societies	Chaplaincy	Sports	Gym
Student.Services@cit.ie	suwelfare@cit.ie	access@cit.ie	info@cit Societies.ie	chaplaincy@cit.ie	sport@cit.ie	Gym@cit.ie
						