



University  
of Glasgow | Sport &  
Recreation

Launch event featuring  
**Gregor Townsend**



## Sport & Wellbeing Week

Monday 27 January - 02 February 2014

[www.glasgow.ac.uk/sport/sww14](http://www.glasgow.ac.uk/sport/sww14)



Sport & Recreation are hosting our 4th annual Sport & Wellbeing Week to ensure 2014 gets off to a positive start for all the university community.

Launch event\* with  
**Gregor Townsend**



Events during the week include:

Tradeshow **Free Access to Sport & Recreation Facilities**

Survival of the Fittest **Free Climbing Experience**

SuperTeams Challenge **Beat the President** **Massage**

Health Advice **Health MOT's** **Nutrition sessions**

Power Hoop Masterclass **Ask The Trainers** **Body Building Workshop**

Foam Roller Workshop **Free PT Consultations**

Introduction to Suspension Training & Bulgarian Bags **Kitchen Medicine**

Sports Massage Consultations **Pelvic Floor Workshop**

\* Launch event will feature Gregor Townsend and a guest panel debate.

This will take place at the Kelvin Gallery, University of Glasgow, G12 8QQ on Monday 27 January starting at 1700. Ticket information available at [www.glasgow.ac.uk/sport/sww14](http://www.glasgow.ac.uk/sport/sww14)

**glasgowunisport** is on:

