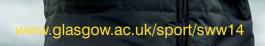


Sport & Wellbeing Week

Monday 27 January - 02 February 2014





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 Consulations 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

glasgowunisport is on:









