

# HEALTH & WELLBEING EVENT 2018



TUESDAY 23RD – FRIDAY 26TH OCTOBER

The aim of this event is to inform and inspire the College community to take positive steps with regards to their own Health & Wellbeing as well as that of others.

We were delighted to welcome the following exhibitors to the College on the Tuesday, Wednesday and Thursday.



South  
Lanarkshire  
College  
East Kilbride



**ALL STUDENTS & STAFF WELCOME**

Students and staff had the opportunity to enjoy a complimentary porridge for breakfast and soup and fruit for lunch. The Hairdressing and Make-Up Artistry and Beauty students offered students and staff free Mini Manicures, Mini Facials and Shampoo & Blow dries.

Scotblood brought the donation pods to the College and collected 38 donations helping to save and improve the lives of people across Scotland.

The College was delighted that 70 staff received their winter flu vaccination. Staff also had the opportunity to get their blood pressure and BMI checked by the HNC Care and Administrative Practice Students.

Students and staff also joined the Student Association walking a mile with a smile at lunchtime

The Healthy N Happy Shake Machine was here with a fun way to exercise and make a smoothie at the same time.





On Friday the 26th October, the College hosted a Think Pink Day in support of Breast Cancer Care and the dress code for the day was **Pink**.

The Events Students organised the day as part of their event planning experience and there were fantastic raffle prizes. In total £1,430 was raised for Breast Cancer Care.