



# UNSW

THE UNIVERSITY OF NEW SOUTH WALES

## Safe Work Australia Week 22 – 26 October 2007

Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
<b>Spring Clean</b> Contact your OHS Committee or OHS Representative for details. Send in your best before and after photos, or short description, for a chance to win a gift basket.				
<b>Health &amp; Wellbeing Opportunities</b> Attend a Lifestyle Clinic Seminar. Tour the Lifestyle Centre. Grab a discount on a health & fitness assessment (individual staff), or Corporate Health Program (business units).				
<b>Sculpture Walk</b> 1-2pm Departs from Anzac Gate and Gate 11 at 1.05pm.  <b>Lifestyle Centre Tour</b> 1.15-1.30pm Lifestyle Centre reception desk  <b>Students At Risk Workshop for Academic Advisors</b> 3-5pm Quad Room 2008 Registration is essential.	<b>Students At Risk Workshop for Professional &amp; Technical Staff</b> 11am-1pm Quad Room 2008 Registration is essential.  <b>Green Trail Walk</b> 12-1pm Departs from Anzac Gate and Gate 9 at 12.05pm.  <b>Lifestyle Clinic Seminar</b> "Physical Activity & Exercise: Easier Said Than Done" 1-2pm Library Stage II, Room 1201 Registration is essential.  <b>Lifestyle Centre Tour</b> 1.15-1.30pm Lifestyle Centre reception desk	<b>Relaxation &amp; Meditation</b> 12:30-1:30pm Quad Room 2008 Registration is essential.  <b>Stretch to Win</b> 1-2pm Library lawn Check-in from 1pm for free gift and to enter the prize draw. See CIRCUS performers. Registration is essential.  <b>Lifestyle Centre Tour</b> 1.15-1.30pm Lifestyle Centre reception desk  <b>Students At Risk Workshop for Program/Course &amp; Year Coordinators</b> 2-4pm Quad Room 2008 Registration is essential.	<b>Relaxation &amp; Meditation</b> 12-1pm Quad Room 2008 Registration is essential.  <b>Green Trail Walk</b> 1-2pm Departs from Anzac Gate and Gate 9 at 1.05pm.  <b>Lifestyle Centre Tour</b> 1.15-1.30pm Lifestyle Centre reception desk	<b>Sculpture Walk</b> 12-1pm Departs from Anzac Gate and Gate 11 at 12.05pm.  <b>Seminar</b> "Managing Lower Back Pain: Eastern & Western medicine" 1-2pm Library Stage II, Room 1201 Registration is essential.  <b>Lifestyle Centre Tour</b> 1.15-1.30pm Lifestyle Centre reception desk  <b>Relaxation &amp; Meditation</b> 3-4pm Quad Room 2008 Registration is essential.

For details or to register online, go to:

<http://www.safeworkweek.unsw.edu.au>