

# ENERGIZING ENGINEERING

ENERGIZING ENGINEERING IS A PROGRAM DEDICATED TO FOSTERING RELAXATION, FOCUS, AND WELL-BEING AMONG OUR ENGINEERING STUDENTS. WE INVITE YOU TO PARTICIPATE IN MONTHLY MINDFULNESS ACTIVITIES DESIGNED TO HELP YOU MANAGE STRESS AND PROMOTE A BALANCED LIFESTYLE.

**OCTOBER 10TH, 2024**  
**12:30-1:30 PM**  
**LOCATION: ACEB 1410**

## **Cupcake Decoration**

Come decorate your cupcake, connect with your friends, and enjoy a break

**NOVEMBER 5TH, 2024**  
**4:30-5:30 PM**  
**LOCATION: ACEB ATRIUM**

## **Mindful Yoga with Natasha**

(Make sure to bring your mat. First come, first served)

**DECEMBER 5TH, 2024**  
**12:30-1:30 PM**  
**LOCATION: ACEB ATRIUM**

## **Therapy Dogs**

**JANUARY 30TH, 2025**  
**12:30-1:30 PM**  
**LOCATION: ACEB 1410**

## **Breath work session with Diana**

(Make sure to bring your mat. First come, first served)

**FEBRUARY 6TH, 2025**  
**12:30-1:30 PM**  
**LOCATION: ACEB 1410**

## **Board games and Snacks**

**MARCH 18TH, 2025**  
**4:30-5:30 PM**  
**LOCATION: ACEB ATRIUM**

## **Mindful Yoga with Natasha**

(Make sure to bring your mat. First come, first served)

**APRIL 3RD, 2025**  
**12:30-1:30 PM**  
**LOCATION: ACEB 1410**

## **Hot Chocolate, Snacks + Colouring**

### **WHY PARTICIPATE?**

- REDUCE STRESS AND ANXIETY
- IMPROVE FOCUS AND ACADEMIC PERFORMANCE BY PRACTICING MINDFULNESS
- CONNECT WITH FELLOW STUDENTS
- DEVELOP HEALTHY HABITS FOR PERSONAL AND PROFESSIONAL GROWTH

ALL ENGINEERING STUDENTS ARE WELCOME, AND NO PRIOR EXPERIENCE IS NECESSARY. COME AS YOU ARE, AND TAKE A STEP TOWARDS A MORE MINDFUL AND BALANCED LIFE.