



# Our Planet, Our Health

Thur 07 April, 2022  
& Sat 09 April, 2022

Winchester House, London Campus  
10am - 4pm

# World Health Day

Join us in celebrating World Health Day this year, and raising awareness about improving our physical/mental health and protecting our planet.

Various health-related activities will be carried out during the day.  
No registration is required!

This will include:

- BMI corner
- 'Share your health thoughts' board
- Gardening gifts
- Wellbeing goodies bag
- Eat-well recipes
- Affirmation stickers/pins

To promote physical activity, we encourage all of you to wear your sports gear and/or sports shoes these two days on campus.



**University of Wales**  
Trinity Saint David  
LONDON