UTM EXAM JAM
IB ATRIUM
10 AM - 5 PM

Wellness Breaks

MOVE
CREATE
RECHARGE
CONNECT
PLAY

MOVE

CREATE

RECHARGE

CONNECT

PLAY

UTM Moves Activity Zone: Corn Hole Games Spin Bikes
Minute-To-Win-It CHALLENGE
CPR-A-THON

Career Centre Sandbox
Feeling Stuck? Connect for Support!

Wellness Practices Around the World
Mario Kart
Pressed Flower Art

Exam Jam Game Café
Colouring & more Games!
Card Games

Exam Jam Game Café

Button-Making
DIY Greeting Cards
Bracelet-Making

Academic Coaching

Pet Therapy
Refreshments
Get your CCR!

Learning Skills Station
Words of Affirmation

Mapping Student Wellness
Sleep Kahoot
Manifest Activity

Centre for Student Engagement
HCC Wellness at utm