

# MATH WELLNESS



April's prize: \$50 gift card for Gold Leaf Botanicals

Check out the Math events page for info about Faculty of Math events

Do your taxes!	Stretch!	Go for a walk	Get outside!	Take a break
Drink more water	Check out Queer Film Series on April 18	Do a favour for a friend or neighbour	Drink less caffeine	Attend a Faculty of Math event
Bring your lunch from home	Play a game or do a puzzle	FREE	Drink more water	Have lunch with a friend
Go to bed 30 minutes earlier than usual	Water your plants	Take a break	Join in on Meatless Mondays	Make a suggestion to Have your say
Try a new sport or activity	Try a new recipe	Take the stairs	Make a meal plan for the week	Read a book