



**University
of Manitoba** | Rady Faculty of
Health Sciences

College of Nursing
University of Manitoba
89 Curry Place
Winnipeg, Manitoba
Canada R3T 2N2
T: 204 474 7452
F: 204 474 7682
nursing@umanitoba.ca

Dear staff and faculty,

We know how hard you've been working — and we are in the home stretch of the term. Now it's *your* turn to be cared for! Take a few minutes out of your busy day and reset.

As part of a CON wellness initiative, we have partnered with the Faculty of Kinesiology Athletic Therapy students who will host a fundraiser just for faculty, staff and nursing students — an opportunity to unwind, relax, and prioritize *your own* health and wellness. **Please give a donation in whatever amount to support the Athletic Therapy students.**

Massage-a-thon Details:

Dates: November 17th, 19th, and 21st

Time: 9:00 AM – 4:00 PM

What: 15-minute relaxation massages

Where: Helen Glass Graduate Student lounge

Take a well-deserved break and come support a great cause while doing something good for yourself!

Sign up for **staff** slot below (the massage chair will be in the Graduate Student Lounge-across from 218):

https://docs.google.com/spreadsheets/d/1UZa69J1J344_eDCOoDmfDymNYJdbjhRp4lW0pAAp9gM/edit?usp=sharing

We can't wait to see you there!

CON Leadership and the Athletic Therapy students of FKRM

Office of the Dean