

# Monday

**Release: Fitness!**

Dee: Join Sports Officer Steve for a boxing class, take on your mates in a Tug of War, and listen to DJ Dylan spin some tunes!

# Tuesday

**Wellbeing: Balance**

Clear your mind! Join Donella for some meditation, get a massage, join in the circus & juggling activities, then check out the environment stalls!

# Wednesday

**Cheap living: Create**

Get a FREE haircut! have your hair braided, get your face painted, check out the STA Travel stall, then join us for a Barbie & some FALUSA fun!

# Thursday

**Resource: Inspire**

Complete the RSA Certificate, head to the FREE international lunch provided by BISA, and win a 3M study giftbag!

Monash Berwick

# SURVIVAL WEEK

March 26 - 29

# MBS