

#better in red

Lace up. Challenge yourself.

   /charlessturtuni

february

	Mon 6	Mon 13	Mon 20	O Week begins	Mon 27	Session 1 begins
	Tue 7	Tue 14	Tue 21		Tue 28	
Wed 1	Wed 8	Wed 15	Wed 22			
Thu 2	Thu 9	Thu 16	Thu 23			
Fri 3	Fri 10	Fri 17	Fri 24			
Sat 4	Sat 11	Sat 18	Sat 25			
Sun 5	Sun 12	Sun 19	Sun 26			

Get active!

Join Team CSU for the Eastern Uni Games.
2-6 July in Newcastle.
Nominate now at:
student.csu.edu.au/uni-life

march

	Mon 6	Mon 13	Mon 20		Mon 27	
	Tue 7	Tue 14	Tue 21		Tue 28	
Wed 1	Wed 8	Wed 15	Wed 22		Wed 29	
Thu 2	Thu 9	Thu 16	Thu 23		Thu 30	
Fri 3	Fri 10	Fri 17	Fri 24		Fri 31	
Sat 4	Sat 11	Sat 18	Sat 25			
Sun 5	Sun 12	Sun 19	Sun 26			



CSU Wellness and Wellbeing Expos are coming!

Remember to join our #BetterInRed Facebook events.

april

	Mon 3	Mon 10	Mon 17	Easter Monday	Mon 24	
	Tue 4	Tue 11	Tue 18	Mid session break ends	Tue 25	ANZAC Day
	Wed 5	Wed 12	Wed 19		Wed 26	
	Thu 6	Thu 13	Thu 20	Residential school ends	Thu 27	
	Fri 7	Fri 14	Fri 21	Good Friday	Fri 28	
Sat 1	Sat 8	Sat 15	Sat 22		Sat 29	Join us for parkrun
Sun 2	Sun 9	Sun 16	Sun 23	Easter Sunday	Sun 30	



Where are you running this week? Share with #BetterInRed

may

Mon 1	Mon 8	Mon 15	Mon 22		Mon 29	
Tue 2	Tue 9	Tue 16	Tue 23		Tue 30	
Wed 3	Wed 10	Wed 17	Wed 24		Wed 31	
Thu 4	Thu 11	Thu 18	Thu 25			
Fri 5	Fri 12	Fri 19	Fri 26			
Sat 6	Sat 13	Sat 20	Sat 27			
Sun 7	Sun 14	Sun 21	Sun 28			



Try our sporting facilities on campus – they're free!

june

	Mon 5	Mon 12	Mon 19		Mon 26	
	Tue 6	Tue 13	Tue 20		Tue 27	
	Wed 7	Wed 14	Wed 21		Wed 28	
Thu 1	Thu 8	Thu 15	Thu 22		Thu 29	
Fri 2	Fri 9	Fri 16	Fri 23	Session 1 ends	Fri 30	
Sat 3	Sat 10	Sat 17	Sat 24			
Sun 4	Sun 11	Sun 18	Sun 25	Indigenous University Games begin		

Don't stress! CSU's Counselling team is here to help
student.csu.edu.au/services-support/health-wellbeing