



Southern Cross
University

Connect this October

A little connection goes a long way



Online Lismore Gold Coast Coffs Harbour

MON	TUE	WED	THU	FRI	SAT	SUN
			1 LEXSA Wrap it up Thursdays Lismore 12-2pm CoastRs Free Yoga + meditation Gold Coast 12:30 -1:30pm Virtual Focus Room Online 12-2pm or 5-7pm Library Revive & Thrive Lismore Gold Coast CHEC	2 LEXSA community garden Lismore 3-6pm LEXSA Frozen Fridays Lismore 10am-2pm Virtual Focus Room Online 9-11am Library Revive & Thrive Lismore Gold Coast CHEC	3 - 4	
5 Public Holiday! Labour day NSW, ACT, SA King's B'day QLD	6 Virtual Focus Room Online 8am-12pm or 2-4pm Learning Adviser Drop-in Gold Coast 12-2pm Postgrad Lunch Gold Coast 11:30am-1:30pm LEXSA Free Lunch Lismore 12-1pm CHSA Pancakes 10:30am + Sub Tues 12-1pm + Yoga 5-6pm Coffs Harbour	7 Virtual Focus Room Online 10am-12pm or 1-3pm Learning Adviser Drop-in Gold Coast, 12-2pm CoastRs Pilates 8:30am + Lazy Dayz 11:30am + Eco Scent workshop 11:30am Gold coast Postgrad Lunch Gold Coast 11:30am-1:30pm LEXSA wellness wednesday Lismore 11am-2pm CHSA warmer wednesday Coffs Harbour 12-2pm Learning Adviser Drop-in Online 5-7pm	8 Virtual Focus Room Online 12-2pm or 5-7pm Learning Adviser Drop-in Online 10am-12pm LEXSA Wrap it up Thursdays Lismore 12-2pm CoastRs Free Yoga + meditation Gold Coast 12:30 -1:30pm CHSA Frozen Thursdays Coffs Harbour 9:30am	9 Virtual Focus Room Online 9-11am LEXSA community garden Lismore 3-6pm LEXSA Frozen Fridays Lismore 10am-2pm	10 - 11 GC50 run festival Gold Coast 6am	
12 Virtual Focus Room Online 11am-1pm or 5-7pm	13 Virtual Focus Room Online 8am-12pm or 2-4pm	14	15	16	17 - 18	
19	20 Medibank Stress Management 101 - Virtual workshop Online, Lismore, Gold Coast, Coffs Harbour 12:30 (QLD time)	21	22	23	24 - 25	
26	27	28 Medibank Stress Management 101 workshop Gold Coast 12:30 (QLD time)	29	30	31 - 1 Nov	