

# Alfaisal Wellbeing Office (A.W.O) Community Annual Calendar (2025-2026)

## SEPTEMBER

Theme	Event	Frequency	Time	Activity
<b>Movement</b>	<i>Faculty Midday Walk</i>	Self-initiated	Anytime & anywhere!	Self-driven gathering for a midday walk
<b>Mind over Mode</b>	<i>Beans &amp; Buddies</i>	Weekly	Self-initiated activity	A cozy weekly space with beanbags and books
<b>Wellbeing Newsletter</b>	<i>Digital Newsletter</i> 📧	Biannual	Beginning of the Semester	Your guide to wellbeing this term

## OCTOBER

Theme	Event	Frequency	Time	Activity
<b>Movement</b>	<i>We Run Mondays</i> 🏃	Weekly	Every Monday, 7:30 PM	Join the We Run team for a weekly group run
	<i>Never Too Late to Ride a Bike</i> 🚲	4 Week course	Males: Tuesdays Females: Wednesdays 4:00 - 5:30 PM	Cycling coaching sessions
	<i>Faculty Midday Walk</i>	Self-initiated	Anytime & anywhere!	Self-driven gathering for a midday walk
<b>Mind over Mode</b>	<i>Beans &amp; Buddies</i>	Weekly	Self-initiated activity	A cozy weekly space with beanbags and books
	<i>Speak to the Mind &amp; Soul Series</i> 🧠	Monthly	1 & 8 October 12:00 - 1:00 PM	Mindful talks to boost your mental wellness
<b>Meet My Community</b>	<i>AWO Community Gathering</i>	Quarterly	TBD	A community meeting to connect
🌸 <i>Breast Cancer Awareness Month - A reminder to prioritize regular screening.</i>				
<i>World Elderly Day (Oct 1) - Celebrating the wisdom and value of older adults.</i>				

## NOVEMBER

Theme	Event	Frequency	Time	Activity
<b>Movement</b>	<i>We Run Mondays</i> 🏃	Weekly	Every Monday, 7:30 PM	Join the We Run team for a weekly group run
	<i>Never Too Late to Ride a Bike</i> 🚲	4 Week course	Males: Tuesdays Females: Wednesdays 4:00 - 5:30 PM	Cycling coaching sessions
	<i>Faculty Midday Walk</i>	Self-initiated	Anytime & anywhere!	Self-driven gathering for a midday walk
<b>Mind over Mode</b>	<i>Beans &amp; Buddies</i>	Weekly	Self-initiated activity	A cozy weekly space with beanbags and books
<i>November highlighting the importance of men's health and proactive care.</i>				



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## DECEMBER

Theme	Event	Frequency	Time	Activity
Movement	<i>We Run Mondays</i> 🏃	Weekly	Every Monday, 7:30 PM	Join the We Run team for a weekly group run
	<i>Never Too Late to Ride a Bike</i> 🚲	4 Week course	Males: Tuesdays Females: Wednesdays 4:00 - 5:30 PM	Cycling coaching sessions
	<i>Faculty Midday Walk</i>	Self-initiated	Anytime & anywhere!	Self-driven gathering for a midday walk
Mind over mode	<i>Beans &amp; Buddies</i>	Weekly	Self-initiated activity	A cozy weekly space with beanbags and books
Meet My Community	<i>13<sup>th</sup> Annual Health Promotion (HPP) Project Exhibition</i>	Annually	4 December	HPP Presented by First-Year Students

## January

Theme	Event	Frequency	Time	Activity
Movement	<i>We Run Mondays</i> 🏃	Weekly	Every Monday, 7:30 PM	Join the We Run team for a weekly group run
	<i>Faculty Midday Walk</i>	Self-initiated	Anytime & anywhere!	Self-driven gathering for a midday walk
Mind over mode	<i>Beans &amp; Buddies</i>	Weekly	Self-initiated activity	A cozy weekly space with beanbags and books
Meet My Community	<i>Wellbeing at Work Summit</i>	Annually	22 January	Alfaisal hosts Middle East edition
	<i>AWO Community Gathering</i>	Quarterly	TBD	A community meeting to connect
Wellbeing Newsletter	<i>Digital Newsletter</i> 📧	Twice yearly	Beginning of the Semester	Your guide to wellbeing

## FEBRUARY

Theme	Event	Frequency	Time	Activity
Movement	<i>We Run Mondays</i> 🏃	Weekly	Every Monday, 7:30 PM	Join the We Run team for a weekly group run
	<i>Faculty Midday Walk</i>	Self-initiated	Anytime & anywhere!	Self-driven gathering for a midday walk
Mind over mode	<i>Beans &amp; Buddies</i>	Weekly	Self-initiated activity	A cozy weekly space with beanbags and book

🏳️‍🌈 World Cancer Day (Feb 4) - A global reminder that early detection, prevention, and care can save lives.

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## March

Theme	Event	Frequency	Time	Activity
Movement	We Run Mondays 🏃	Weekly	Every Monday, 7:30 PM	Join the We Run team for a weekly group run
	Faculty Midday Walk	Self-initiated	Anytime & anywhere!	Self-driven gathering for a midday walk
Mind over mode	Beans & Buddies	Weekly	Self-initiated activity	A cozy weekly space with beanbags and books
Meet My Community	SWIM- Saudi Wellness Meet 🇸🇦	Annually	TBD	National wellness conference at Alfaisal
Wellbeing Newsletter	Fasting is Wellness v3 Digital Newsletter	Annually	Start of Ramadan	Focus on healthy fasting, sleep, hygiene, community reflections and wellbeing

Colorectal Cancer Awareness Month - Your gut feeling might just save your life; get screened.

## APRIL

Theme	Event	Frequency	Time	Activity
Movement	We Run Mondays 🏃	Weekly	Every Monday, 7:30 PM	Join the We Run team for a weekly group run
	Faculty Midday Walk	Self-initiated	Anytime & anywhere!	Self-driven gathering for a midday walk
Mind over mode	Beans & Buddies	Weekly	Self-initiated activity	A cozy weekly space with beanbags and books

🌍 World Health Day (April 7) - Health is a human right—this day reminds us to work toward health for all.

## May

Theme	Event	Frequency	Time	Activity
Movement	We Run Mondays 🏃	Weekly	Every Monday, 7:30 PM	Join the We Run team for a weekly group run
	Journey to 5K 🏃	Annually	5:00 - 8:00 AM	Let's conquer the 5K together with We Run!
Meet My Community	AWO Community Gathering	Quarterly	TBD	A community meeting to connect

World MS Day (May 30) - Uniting voices worldwide to raise awareness and support for multiple sclerosis.

