

# ENERGIZING ENGINEERING

ENERGIZING ENGINEERING IS A PROGRAM DEDICATED TO FOSTERING RELAXATION, FOCUS, AND WELL-BEING AMONG OUR ENGINEERING STUDENTS.  
WE INVITE YOU TO PARTICIPATE IN THE FOLLOWING ACTIVITIES DESIGNED TO HELP YOU FIND A MOMENT OF RELAXATION AND MINDFULNESS

**OCTOBER 23RD, 2024**  
**12:30-1:30 PM**  
**LOCATION: ACEB 1410**

## **Cupcake Decoration**

Come decorate your cupcake, connect with your friends, and enjoy a break

**NOVEMBER 19TH, 2025**  
**10:30AM**  
**LOCATION: ACEB 2ND FLOOR**

## **Stacks on Stacks: UGS Pancake Party**

**MARCH 19TH, 2026**  
**12:30-1:30 PM**  
**LOCATION: ACEB 1410**

## **"Dear Future Me..."**

Pause. Reflect. Dream a little. Join us for a cozy drop-in session where you'll write a heartfelt letter to your future self. Whether you want to capture where you are now, your goals, or words of encouragement, this is your moment to reflect and connect.

Snacks will be provided

**MARCH 31ST, 2026**  
**12:30-1:30 PM**  
**LOCATION: ACEB 1415**

## **Hot Chocolate, Snacks + Colouring**

Come and wind down before your exams!  
You are so close to the finish line, you got this!

### **WHY PARTICIPATE?**

- REDUCE STRESS AND ANXIETY
- IMPROVE FOCUS AND ACADEMIC PERFORMANCE BY PRACTICING MINDFULNESS
- CONNECT WITH FELLOW STUDENTS
- DEVELOP HEALTHY HABITS FOR PERSONAL AND PROFESSIONAL GROWTH

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**Western**  
**Engineering**

**No sign-up is required. First come, first served, and/or until supplies last**