

**FREE
BBQ**

Sausage sizzle
lunch provided



Sports & Wellbeing Day

The Sports and Wellbeing Day (SWD) will be a day of fun, with social sports and wellbeing events being held at CDU's Casuarina Campus. Join us on Friday 26 March from 9:30am until 1:30pm.



Egg & Spoon race



Over/Under race



Sack race

Start your day with a brunch for people participating in the Walk or Ride to Uni day at 9.30am.

The day will also include a session on looking after your well-being and mental health, delivered by the CDU Counselling Team.

Information stalls will be accessible throughout the day and a free sausage sizzle lunch will be provided.

Sporting activities start from 10am and include:

- Yoga
- Table Tennis
- Volleyball
- Badminton
- Basketball
- Fun team races: Egg & Spoon Race, Sack Race, Skipping Race, Baton Race, Over/Under Ball Race, Tunnel Ball, Tug-of-War.

Scan this QR code for more
details or to register:

cdusportsandwellbeing.eventbrite.com



Any questions? Please contact CDU Global at international@cdu.edu.au or 8946 6594.

CRICOS Provider No. 00300K | 03286A (NSW) | RTO Provider No. 0373

