



TUS
Connect &
Engage

Week 4:



MIND YOUR *health*





STUDENT EVENTS



Green Ribbon Day

Learn more about mental health and show your support – visit our Green Ribbon Day info stand!

Date: Wednesday 1st Oct
Time: 11am - 1pm
Location: Main Reception



Testing Tuesday:

FREE

Learn about home testing kits, campus services and more...

Date: Tuesday 30th Sept
Time: 12:00 - 2:00 pm
Location: Canteen
(beside the kiosk)

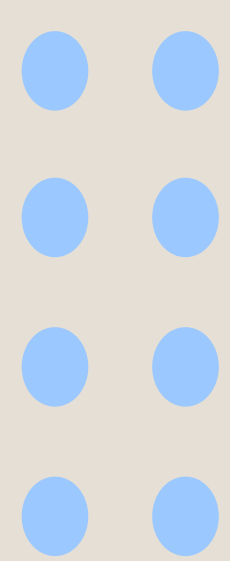


PASS (Peer Assisted Student Support)

Have you tried PASS yet?

It's a fun break from lectures with second year students!!!
Did you know, you can get a certificate of attendance for attending PASS?
Follow @TUS_PASS for more information!!!

Ask your PASS Leaders for more information on health supports at TUS



STUDENT



TUS Gym Athlone: FREE CLASSES

*13:10pm & 16:10pm
each day this week*

**sign up as a
pay as you go member!**



You're Invited Come join us for TUS Film Festival

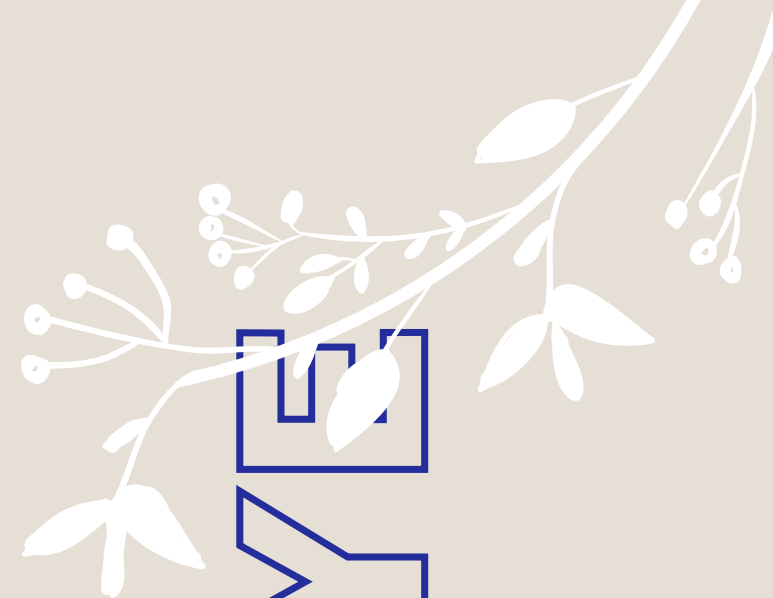
Date: Mon 29th Sept - Thur 2nd Oct
Time: 1:30pm each day
Venue: Student's Union



Meet Community Food & Nutrition Worker Marie Byrne

Date: Monday 29th Sept
Time: 10am -12pm
Location: Main Canteen





KEEP AN EYE OUT FOR:



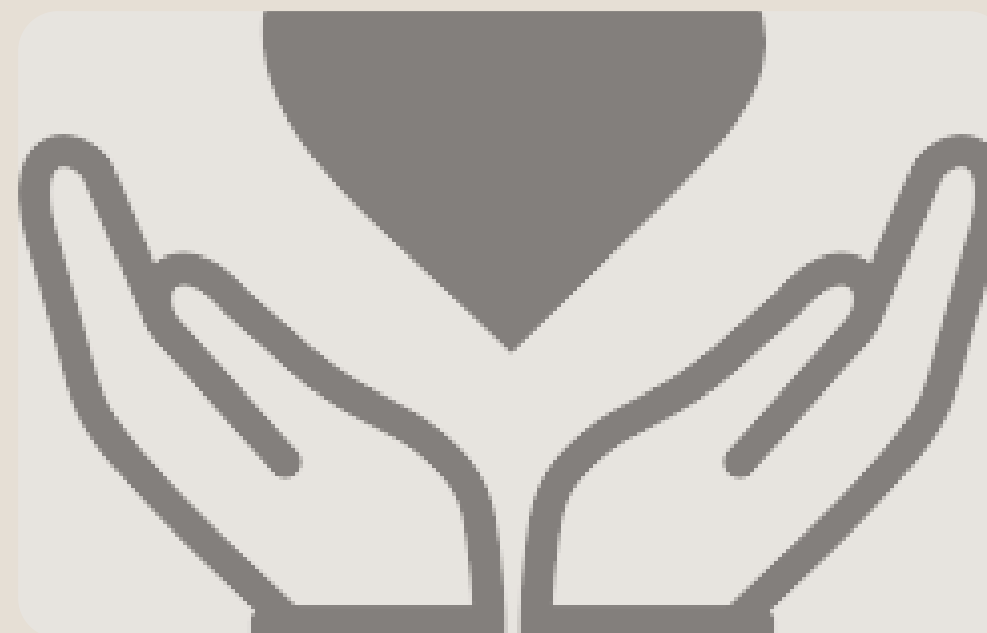
Plank it to Win it!

TUS Athlone Gym
Longest Plank wins
1 Semester Membership



Keep an eye on our social media to

Meet the Sexual Health Team !



Your Community, Your Care

Come along to the main canteen
Monday 29th September
Main Canteen
Meet local service providers from the
area



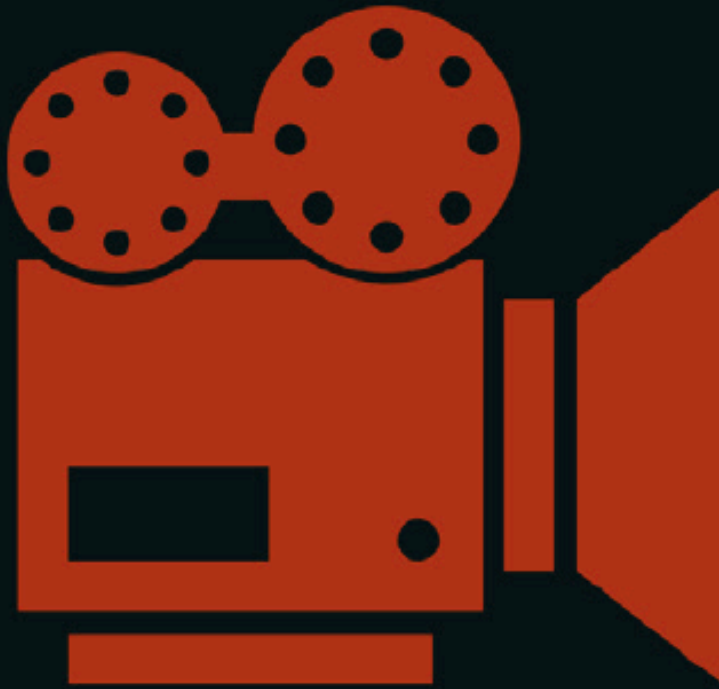
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SEPT 29 - OCT 2

STUDENTS UNION,
MOYLISH AND ATHLONE AT 1.30PM

YOU'RE INVITED

TO THE 2025  TUS FILM FESTIVAL



MON, 29TH SEPT



TUES, 30TH SEPT



WED, 1ST OCT



THURS, 2ND OCT



JOIN US FOR A CELEBRATION OF CREATIVE CINEMA.
PIZZA, POPCORN, AND REFRESHMENTS PROVIDED.

FREE NUTRITION TIPS FOR STUDENTS



Dr Marie Byrne - Athlone Community Food & Nutrition Worker



Nutritionist Dr Marie Byrne will be on TUS Athlone campus on **Monday 29th Sept** from **10am-12pm** to offer free nutritional advice to students. You can find Marie in the **Canteen** with a number of other stalls for Mind your Health Week. Drop down to say hello or ask Marie a question!