

# Preparations begin for the new Health & Wellness Centre

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Taking care of your physical, mental, emotional and spiritual wellness helps you excel at whatever you do. Building on the great wellness activities we already offer, our state-of-the-art **complex for health and wellness** being developed at Newnham Campus will be a destination for students and employees to support their well-being.

Construction is set to begin in the coming months at Newnham but before we break ground, a few areas will be changing their location.

## **Athletics & Recreation**

- All activities are still taking place in Building G and will move in Spring 2024

## **Medical Centre**

- Moving to Room A3000, Building A during Study Week

## **Personal Counselling & Accessible Learning Services**

- Moving to Room A3000, Building A during Study Week

## **School of Early Childhood Education's Lab School Studios**

- Moved to room E2401, E2402, E2445 and E2446

## **Seneca International**

- Moved to The Service Hub, Room D2381 and Room D2000 in Building D

## **Seneca Student Federation**

- Moving on Sunday, March 31 to the following locations in Building D:
  - Room E1402 – SSF administration
  - Room E1403 – billiards and games
  - Rooms E1404 and E1405 – mini SSF event space

- Room E1418 — e-sports and clubs
- Room E1419 — health, dental and legal aid
- Former Tim Hortons, third floor — breakfast program
- Shipping & Receiving — SSF Food Bank

Questions? Email [hwc@senecapolytechnic.ca](mailto:hwc@senecapolytechnic.ca).

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