



For immediate release — Wednesday, January 25, 2023

University of Lethbridge to open first R.E.C. Room space in support of student mental health

Student mental health and wellness is at the heart of a new University of Lethbridge initiative to be launched on Thursday, Jan. 26. The first R.E.C. Room will be unveiled — a campus hub designed to invite students to step away from the stress of study and research to relax their minds and connect with one another.

WHAT: The R.E.C. Room unveiling

WHEN: Thursday, January 26, 2023, at 11 a.m. in the University Hall Atrium

WHO: President & Vice-Chancellor Dr. Mike Mahon and representatives from Student Services, the University of Lethbridge Students' Union and Student Affairs will be on hand to open the new space.

Interested in relaxing with a game of giant Jenga? Perhaps a rousing ping pong session or Mario Kart challenge is what eases your stress. The R.E.C. Room is here to take student mental health to a new level, where well-being is supported through play and community interaction.

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Our University's Blackfoot name is Iniskim, meaning Sacred Buffalo Stone. The University is located in traditional Blackfoot Confederacy territory. We honour the Blackfoot people and their traditional ways of knowing in caring for this land, as well as all Indigenous Peoples who have helped shape and continue to strengthen our University community.