

Healthy University Week

26 – 30 oktober

Oók voor studenten!!

Online
Only

Klik op het activiteitenblok om je in te schrijven! / *Click on the activity block to register!*

	Maandag 26 okt	Dinsdag 27 okt	Woensdag 28 okt	Donderdag 29 okt	Vrijdag 30 okt
08:00					
08:30	Meditatie (NL + ENG)	Power Yoga (NL + ENG)	Tai Chi (NL + ENG)	Yin Yoga (NL + ENG)	Pilates (NL + ENG)
09:00					
09:30	Koffie corner	Koffie corner	Koffie corner	Koffie corner	Koffie corner
10:00				Health Promotion & Disease prevention workshops 1 - 6	Health Promotion & Disease prevention workshops 13 - 18
10:30	Office Work-out (NL + ENG)	Office Work-out (NL + ENG)	Office Work-out (NL + ENG)	Office Work-out (NL + ENG)	Office Work-out (NL + ENG)
11:00					
11:30				Zie volgende pagina See next page	Zie volgende pagina See next page
12:00					
12:30	Digitale Lunchsessie BN-er Pierre Wind Lekkâh: tips en tricks voor een gezonde hap (NL)	Digitale Lunchsessie Kiki Vreling Hoe je toch rust vindt als je werk nooit af is (NL)	Digitale Lunchsessie Nienke Wijnants Twintigerstwijfels & Dertigersdilemma's: Keuzestress, sociale vergelijking en zingevingvragen(NL)	Digitale Lunchsessie Andrea Evers Hoe het placebo effect kan bijdragen aan je gezondheid en een gezonde leefstijl (NL)	Digitale Lunchsessie Karin Ellen Veldkamp Uitbraak management van COVID-19 (NL)
13:00					
13:30					
14:00				Health Promotion & Disease prevention workshops 7 - 12	Health Promotion & Disease prevention workshops 19 - 24
14:30					
15:00					
15:30					
16:00				Zie volgende pagina See next page	Zie volgende pagina See next page
16:30	Zumba (NL + ENG)	HU TALKS (NL)	Bodyshape (NL + ENG)		Belly Dancing (NL + ENG)
17:00					
17:30		Club Battle (NL + ENG)		Hiphop (NL + ENG)	
18:00					

Meer informatie / *More information* : [Healthy University Week](#)

Health Promotion and Prevention Workshops

	Maandag 26 okt	Dinsdag 27 okt	Woensdag 28 okt	Donderdag 29 okt	Vrijdag 30 okt
08:00					
08:30					
09:00				1) You vs. your screen: How to win the battle in 2020 (ENG) Target group: Students and employees	13) Sleep eight, feel great (ENG) Target group: Students and employees
09:30				2) Thuiswerken geeft niet alleen kop- maar ook nekzorgen (NL) Target group: Students and employees	14) Sta op tegen zitten! (NL) Target group: Employees
10:00				3) Connect to protect – Eenzaamheid (NL) Target group: Students	15) Minds at Peace: Worry Webinar (ENG) Target group: Students
10:30				4) Sleep well and prosper: Is poor sleep your worst nightmare? (ENG) Target group: Students and employees	16) Een appel per dag, zeg de dokter gedag – gezond snacken (NL) Target group: Students and employees
11:00				5) Active Breaks are Necessary, Work Less Sedentary! (ENG) Target group: Students and employees	17) A Corona Cocktail: An Unhealthy Mix of Isolation, Stress and Alcohol (ENG) Target group: Students and employees
11:30				6) It's okay not to feel okay (ENG) Target group: Students	18) Loneliness - the importance of social connections (ENG) Target group: Students
12:00					
12:30					
13:00					
13:30				7) Taking a Stand Against Sitting! (ENG) Target group: Employees	19) Working at home is a pain in the neck (ENG) Target group: Students and employees
14:00				8) Sleep eight, feel great (ENG) Target group: Students and employees	20) Active Breaks are Necessary, Work Less Sedentary! (ENG) Target group: Students and employees
14:30				9) Een appel per dag, zeg de dokter gedag – gezond snacken (NL) Target group: Students and employees	21) Sleep well and prosper: Is poor sleep your worst nightmare? (ENG) Target group: Students and employees
15:00				10) Minds at Peace: Worry Webinar (NL) Target group: Students	22) Take a break – have a stretch (ENG) Target group: Students
15:30				11) Take a break – have a stretch (ENG) Target group: Students	23) It's okay not to feel okay (ENG) Target group: Students
16:00				12) A Corona Cocktail: An Unhealthy Mix of Isolation, Stress and Alcohol (ENG) Target group: Students and employees	24) You vs. your screen: How to win the battle in 2020 (ENG) Target group: Students and employees
16:30					
17:00					
17:30					
18:00					