WEBINAR
WORKSITE WELLNESS FOR UNIVERSITIES

TUESDAY, 23rd MAY 3PM-5PM (CET)

SCAN CODE OR CLICK FOR REGISTRATION
Register by: 19th of May

HOSTED BY

Healthy Campus
Prof. Dr. Claudio R. Nigg
University of Bern

Workplace Stress / Burnout
Brain Breaks
Workplace Nutrition
Mindfulness

Comprehensive University-wide Needs Assessment

Working style
Prof. Dr. Catherine Woods
University of Limerick

Living style

Mental health and Physical Activity at the Workplace
Dr. Ivana Zubič
Union Tesla University

Dr. Mikiós Bánhidi
Hungarian University of Sports Science