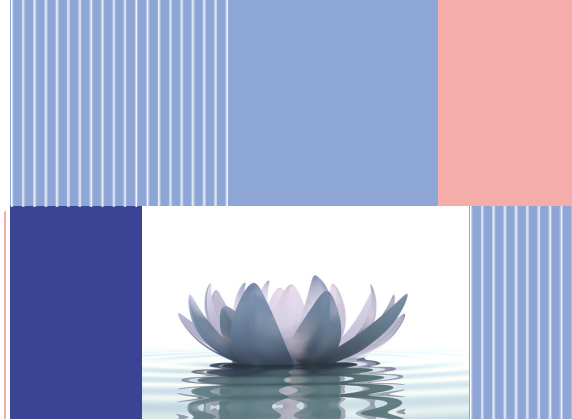


WELLNESS WEEK

→ **Monday, April 17**



SPORT-HEALTH CHALLENGE

📍 Sign up online

Rise to the challenge and take 10,000 steps every day of the week!

Moving

SPORTING BREAKFAST!

📍 APS 7:45 a.m.–8:15 a.m.

Enjoy a small snack and some useful tips to kick-start your day!

Activity reserved for students taking sports classes on weekday mornings.

Eating well

THEMATIC SNACKS

📍 Library 9:00 a.m.–10:30 a.m.

Come along and get nutrition and zero-waste tips, squirrel-style!

Eating well

GAMES AT THE LIBRARY

📍 Library 9:00 a.m.–7:30 p.m.

Board games, puzzles and mandala coloring for fun and relaxation.

Having fun

STAYING ACTIVE

📍 Library 9:00 a.m.–7:30 p.m.

Working in motion can sometimes bring more emotion!

Moving

FLEXITARIAN BOOTH

📍 In front of the university restaurant

11:45 a.m.–12:45 p.m.

Come discuss with us the benefits of reducing meat consumption, both for the environment and for yourself!

Découvrir

MENTAL HEALTH QUIZ

📍 Space Marie and Pierre Curie

12:00 p.m.–3:00 p.m.

Tips, games and quizzes to learn more about positive psychology.

Discovering

WALKING ON CAMPUS RDV

📍 APS 12:30 p.m.–1:15 p.m.

Come walk a loop on campus.

Moving

TESTIMONIALS FROM MEMBERS OF THE ORCHESTRE NATIONAL DU CAPITOLE

📍 Space Marie and Pierre Curie

1:00 p.m.–1:45 p.m.

Stress management and professional insight into their organization strategies.

Discovering

TESTIMONIALS FROM INSA HIGH-PERFORMANCE ATHLETES

📍 Claudine Hermann Thesis Room

12:45 p.m.–1:45 p.m.

Stress management and energy harnessing to stay focused on your goals.

Discovering

WRITING THERAPY WORKSHOP

📍 Multiservice Room

12:45 p.m.–1:45 p.m.

📍 Sign up online

Develop self-confidence and strength while having fun with words. Workshop reserved for students.

Discovering

SOPHROLOGY AND SELF-MASSAGE WORKSHOP

📍 IDEFI Room 105

1:00 p.m.–2:00 p.m.

📍 Sign up online

Activate body and mind! Maximize your daily productivity.

Relaxing

YOGA ON A MAT WORKSHOP

📍 APS Dojo 1:00 p.m.–1:45 p.m.

📍 Sign up online

Come discover a gentle, traditional hatha yoga, with guidance from an experienced trainer.

Relaxing

BIBLIOTHERAPY WORKSHOP

📍 Library 6:00 p.m.–6:45 p.m.

📍 Sign up online

Grab a comfortable seat, relax and enjoy a soothing, anti-stress read-aloud.

Discovering

SPORT & OXYGEN WORKSHOP

📍 In front of the sports hall

7:00 p.m.–8:00 p.m.

📍 Sign up online

Improve your stamina, strength, balance, flexibility and motor skills through fun and varied exercises!

Moving

WORKSHOPS ON SOPHROLOGY BY VIDEOCONFERENCE

📍 Videoconference

7:00 p.m.–8:00 p.m.

📍 Sign up online

Discover relaxation techniques to attain a serene consciousness.

Relaxing



WELLNESS WEEK

→ Tuesday, April 18



SPORT-HEALTH CHALLENGE

📍 Sign up online

Rise to the challenge and take 10,000 steps every day of the week!

Moving

SPORTING BREAKFAST!

📍 APS ⌚ 7:45 a.m.–8:15 a.m.

Enjoy a small snack and some useful tips to kick-start your day!

Activity reserved for students taking sports classes on weekday mornings.

Eating well

THEMATIC SNACKS

📍 Library ⌚ 9:00 a.m.–10:30 a.m.

Come along and get nutrition and zero-waste tips, foodie-style !

Eating well

GAMES AT THE LIBRARY

📍 Library ⌚ 9:00 a.m.–7:30 p.m

Board games, puzzles and mandala coloring for fun and relaxation.

Having fun

STAYING ACTIVE

📍 Library ⌚ 9:00 a.m.–7:30 p.m

Working in motion can sometimes bring more emotion!

Moving

FLEXITARIAN BOOTH

📍 In front of the university restaurant

⌚ 11:45 a.m.–12:45 p.m.

Come discuss with us the benefits of reducing meat consumption, both for the environment and for yourself!

Découvrir

STRESS MANAGEMENT WORKSHOP

📍 Claudine Hermann Thesis Room

⌚ 12:30 p.m.–2:00 p.m.

Overcome and tame your stress to stay in full control of your life.

Discovering

WALKING ON CAMPUS RDV

📍 APS ⌚ 12:30 p.m.–1:15 p.m.

Come walk a loop on campus.

Moving

ART THERAPY WORKSHOP

📍 Multiservice Room

⌚ 12:45 p.m.–1:45 p.m

📍 Sign up online

Stimulate the expression of your emotions and feelings, boost your creativity and enhance your artistic expression. Workshop reserved for students.

Discovering

YOGA ON A MAT

📍 APS Dojo ⌚ 1:00 p.m.–1:45 p.m.

📍 Sign up online

Come discover a gentle, traditional hatha yoga, with guidance from an experienced trainer.

Relaxing

BIBLIOTHERAPY WORKSHOPS

📍 Library ⌚ 4:00 p.m.–4:45 p.m.

📍 Sign up online

Grab a comfortable seat, relax and enjoy a soothing, anti-stress read-aloud.

Discovering

WORKSHOPS ON SOPHROLOGY BY VIDEOCONFERENCE

📍 Videoconference

⌚ 7:00 p.m.–8:00 p.m.

📍 Sign up online

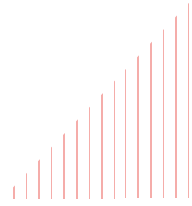
Discover relaxation techniques to attain a serene consciousness.

Relaxing



WELLNESS WEEK

→ Wednesday, April 19



SPORT-HEALTH CHALLENGE

📌 Sign up online

Rise to the challenge and take 10,000 steps every day of the week!

Moving

SPORTING BREAKFAST!

📍 APS ⌚ 7:45 a.m.–8:15 a.m.

Enjoy a small snack and some useful tips to kick-start your day!

Activity reserved for students taking sports classes on weekday mornings.

Eating well

THEMATIC SNACKS

📍 Library ⌚ 9:00 a.m.–10:30 a.m.

Come along and get nutrition and zero-waste tips, eco-style !

Eating well

GAMES AT THE LIBRARY

📍 Library ⌚ 9:00 a.m.–7:30 p.m

Board games, puzzles and mandala coloring for fun and relaxation.

Having fun

STAYING ACTIVE

📍 Library ⌚ 9:00 a.m.–7:30 p.m

Working in motion can sometimes bring more emotion!

Moving

FLEXITARIAN BOOTH

📍 In front of the university restaurant

⌚ 11:45 a.m.–12:45 p.m.

Come discuss with us the benefits of reducing meat consumption, both for the environment and for yourself!

Découvrir

ACTION SURICATE

📍 Campus

⌚ 12:00 p.m.–3:00 p.m.

Discuss mental health and wellness.

Discovering

WALKING ON CAMPUS RDV

📍 APS ⌚ 12:30 p.m.–1:15 p.m.

Come walk a loop on campus.

Moving

BIBLIOTHERAPY WORKSHOPS

📍 Library ⌚ 1:00 p.m.–1:45 p.m.

📌 Sign up online

Grab a comfortable seat, relax and enjoy a soothing, anti-stress read-aloud.

Discovering

SOPHROLOGY AND SELF-MASSAGE WORKSHOP

📍 IDEFI Room 105

⌚ 6:15 p.m.–7:15 p.m.

📌 Sign up online

Activate body and mind! Maximize your daily productivity.

Relaxing

WORKSHOPS ON SOPHROLOGY BY VIDEOCONFERENCE

📍 Videoconference

⌚ 7:00 p.m.–8:00 p.m.

📌 Sign up online

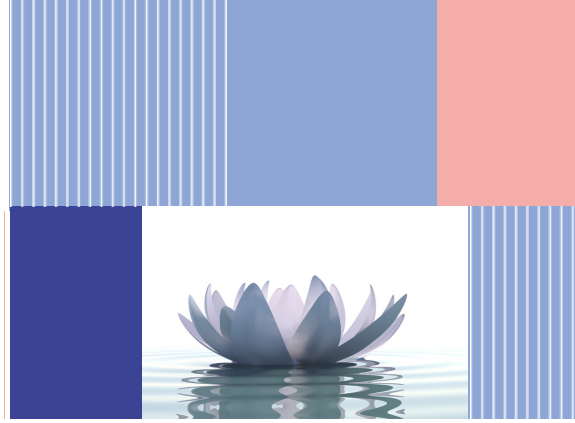
Discover relaxation techniques to attain a serene consciousness.

Relaxing



WELLNESS WEEK

→ Thursday, April 20



SPORT-HEALTH CHALLENGE

📍 Sign up online

Rise to the challenge and take 10,000 steps every day of the week!

Moving

SPORTING BREAKFAST!

📍 APS ⌚ 7:45 a.m.–8:15 a.m.

Enjoy a small snack and some useful tips to kick-start your day!

Activity reserved for students taking sports classes on weekday mornings.

Eating well

STAYING ACTIVE

📍 Library ⌚ 9:00 a.m.–7:30 p.m.

Working in motion can sometimes bring more emotion!

Moving

GAMES AT THE LIBRARY

📍 Library ⌚ 9:00 a.m.–7:30 p.m.

Board games, puzzles and mandala coloring for fun and relaxation.

Having fun

FLEXITARIAN BOOTH

📍 In front of the university restaurant

⌚ 11:45 a.m.–12:45 p.m.

Come discuss with us the benefits of reducing meat consumption, both for the environment and for yourself!

Découvrir

MENTAL HEALTH QUIZ

📍 Wellness Village

⌚ 12:00 p.m.–4:00 p.m.

Tips, games and quizzes to learn how to care for yourself.

Discovering

WALKING ON CAMPUS RDV

📍 APS ⌚ 12:30 p.m.–1:15 p.m.

Come walk a loop on campus.

Moving

ACTION SURICATE

📍 Wellness Village

⌚ 1:00 p.m.–3:00 p.m.

Discuss mental health and wellness.

Discovering

SOUND BATHING

📍 APS Dojo ⌚ 1:00 p.m.–3:30 p.m.

📍 Sign up online

Relieve some stress and rebalance your emotions.

Relaxing

NIGHTLINE BOOTH

📍 Wellness Village

⌚ 1:00 p.m.–5:00 p.m.

Discover the phone counseling services of Nightline, including fun activities!

Discovering

ANIMAL BONDING

📍 Wellness Village

⌚ 1:00 p.m.–5:00 p.m.

📍 Sign up online

Rabbits, guinea pigs and dogs offer you a helping paw!

Relaxing

RELAIS SANTÉ STUDENT BOOTH

📍 Wellness Village

⌚ 1:00 p.m.–5:00 p.m.

Fun activities centered on nutrition and emotions.

Discovering

SAINT SERVIN STUDENT CARE BOOTH

📍 Wellness Village

⌚ 1:00 p.m.–5:00 p.m.

Discover the center's health care, hosting and counseling services.

Discovering

STUDENT CLUB ACTIVITIES

📍 Wellness Village

⌚ 12:15 p.m.–6:00 p.m.

Enjoy music, dance, games, comics, a BBQ, an info booth and theater plays offered by the Amicale and other INSA clubs!

Having fun

SOPHROLOGY AND SELF-MASSAGE WORKSHOP

📍 IDEFI Room 105

🕒 2:00 p.m.–4:00 p.m.

📄 Sign up online

Activate body and mind! Maximize your daily productivity.

Relaxing

TEAM-BUILDING GAMES

📍 Synthetic field

🕒 1:30 p.m.–3:30 p.m.

Come relax and enjoy team-building traditional games: dodgeball, play tag (poule renard vipère), and more!

Moving

NEURO-LINGUISTIC PROGRAMMING (NLP) WORKSHOP

📍 Local API

🕒 12:15 p.m.–4:45 p.m.

📄 Sign up online

Come develop a positive attitude to improve your connection to the world and to yourself!

Discovering

GETTING ORGANIZED WORKSHOP

📍 Claudine Hermann Thesis Room

🕒 2:00 p.m.–4:15 p.m.

📄 Sign up online

Learn how to get better organized, avoid burnout and stress, and improve your focus!

Managing

SENSORY CHOCOLATE TASTING

📍 Multiservice Room

🕒 3:30 p.m.–5:00 p.m.

📄 Sign up online

Treat your taste buds without the guilt!

Priority given to students.

Discovering

JACOBSON'S PROGRESSIVE RELAXATION

📍 Dojo APS 🕒 4:00 p.m.–5:00 p.m.

📄 Sign up online

Attain complete physiological relaxation using psychic and emotional soothing techniques.

Relaxing

SPORT & OXYGEN WORKSHOP

📍 In front of the sports hall

🕒 4:00 p.m.–5:00 p.m.

📄 Sign up online

Improve your stamina, strength, balance, flexibility and motor skills through fun and varied exercises!

Moving

CHAIR YOGA WORKSHOP

📍 IDEFI Room 105

🕒 4:00 p.m.–4:45 p.m.

📄 Sign up online

Come discover a gentle, traditional hatha yoga, with guidance from an experienced trainer.

Relaxing

IMPROVISATION WORKSHOP

📍 Amphi 101 - STPI

🕒 2:00 p.m.–5:00 p.m.

📄 Sign up online

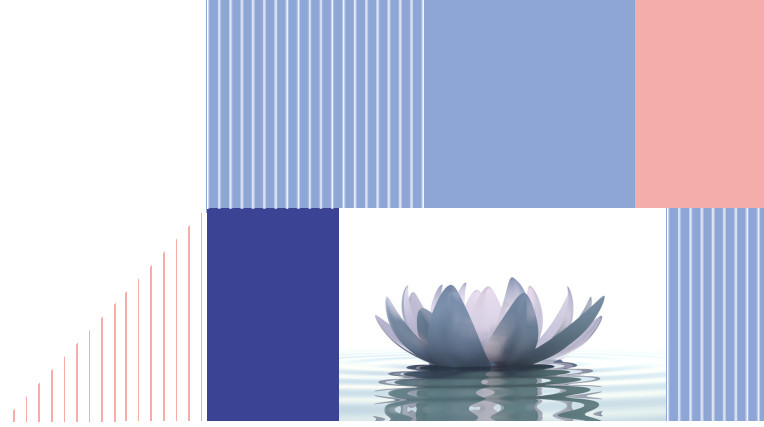
Come develop a positive attitude to improve your connection to the world and to yourself!

Discovering



WELLNESS WEEK

→ Friday, April 21



SPORT-HEALTH CHALLENGE

📍 Sign up online

Rise to the challenge and take 10,000 steps every day of the week!

Moving

SPORTING BREAKFAST!

📍 APS ⌚ 7:45 a.m.–8:15 a.m.

Enjoy a small snack and some useful tips to kick-start your day!

Activity reserved for students taking sports classes on weekday mornings.

Eating well

GAMES AT THE LIBRARY

📍 Library ⌚ 9:00 a.m.–7:30 p.m.

Board games, puzzles and mandala coloring for fun and relaxation.

Having fun

STAYING ACTIVE

📍 Library ⌚ 9:00 a.m.–7:30 p.m.

Working in motion can sometimes bring more emotion!

Moving

NEURO-LINGUISTIC PROGRAMMING (NLP) WORKSHOP

📍 Local API

⌚ 10:15 a.m.–12:30 p.m.

📍 Sign up online

Come develop a positive attitude to improve your connection to the world and to yourself!

Discovering

FLEXITARIAN BOOTH

📍 In front of the university restaurant

⌚ 11:45 a.m.–12:45 p.m.

Come discuss with us the benefits of reducing meat consumption, both for the environment and for yourself!

Découvrir

MENTAL HEALTH QUIZ

📍 Library ⌚ 12:00 a.m.–3:00 p.m.

Tips, games and quizzes to learn how to care for yourself.

Discovering

WALKING ON CAMPUS RDV

📍 Campus

⌚ 12:30 p.m.–1:15 p.m.

Come walk a loop on campus.

Moving

MENTALLY PREPARING FOR EXAMS

📍 Claudine Hermann Thesis Room

⌚ 12:30 p.m.–2:00 p.m.

📍 Sign up online

Learn to organize your academic year and cope with the stress of exams.

Managing

