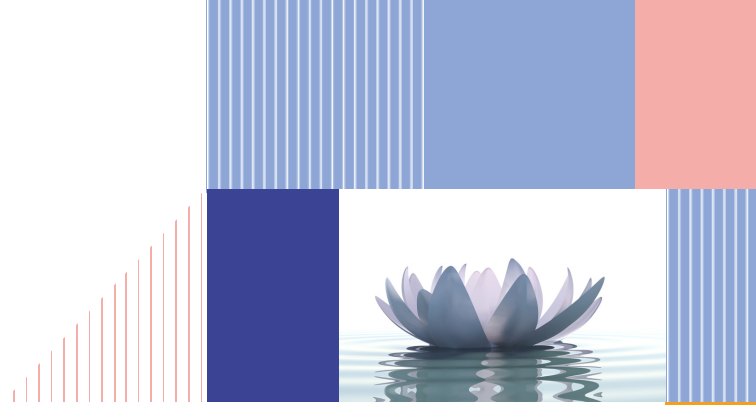


WELLNESS WEEK

→ April 17 – 21, 2023



MONDAY, APRIL 17

7:45 a.m.–8:15 a.m.: Sporting breakfast!
ALL DAY: Sport–health challenge
9 a.m.–7:30 p.m.: Games at the library
9 a.m.–7:30 p.m.: Staying active, even at the library
9 a.m.–10:30 p.m.: Thematic snacks at the library
12 a.m.–3:00 p.m.: Mental health quiz
11:45 a.m.–12:45 p.m.: Flexitarian booth
12:30 p.m.–1:15 p.m.: Walking on campus RDV
12:45 p.m.–1:45 p.m.: Testimonials from members of the Orchestre National du Capitole
12:45 p.m.–1:45 p.m.: Testimonials from INSA high-performance athletes
12:45 p.m.–1:45 p.m.: **WORKSHOP** Writing
1:00 p.m.–1:45 p.m.: **WORKSHOP** Yoga on a mat
1:00 p.m.–2:00 p.m.: **WORKSHOP** Sophrology and self-massage
5:00 p.m.–6:00 p.m.: **WORKSHOP** Sport & oxygen
6:00 p.m.–7:00 p.m.: **WORKSHOP** Bibliotherapy
7:00 p.m.–8:00 p.m.: **WORKSHOP** Sophrology by videoconference

TUESDAY, APRIL 18

7:45 a.m.–8:15 a.m.: Sporting breakfast!
ALL DAY: Sport–health challenge
9 a.m.–7:30 p.m.: Games at the library
9 a.m.–7:30 p.m.: Staying active, even at the library
9 a.m.–10:30 a.m.: Thematic snacks at the library
11:45 a.m.–12:45 p.m.: Flexitarian booth
12:30 p.m.–1:15 p.m.: Walking on campus RDV
12:30 p.m.–2:00 p.m.: **WORKSHOP** Stress management
12:45 p.m.–1:45 p.m.: **WORKSHOP** Art therapy
1:00 p.m.–1:45 p.m.: **WORKSHOP** Yoga on a mat
4:00 p.m.–5:00 p.m.: **WORKSHOP** Bibliotherapy
7:00 p.m.–8:00 p.m.: **WORKSHOP** Sophrology by videoconference

WEDNESDAY, APRIL 19

7:45 a.m.–8:15 a.m.: Sporting breakfast!
ALL DAY: Sport–health challenge
9 a.m.–10:30 a.m.: Thematic snacks at the library
9 a.m.–7:30 p.m.: Games at the library
9 a.m.–7:30 p.m.: Staying active, even at the library
11:45 a.m.–12:45 p.m.: Flexitarian booth
12:30 p.m.–1:15 p.m.: Walking on campus RDV
1:00 p.m.–3:00 p.m.: Action Suricate

1:00 p.m.–2:00 p.m.: **WORKSHOP** Bibliotherapy
6:15 p.m.–7:15 p.m.: **WORKSHOP** Sophrology and self-massage
7:00 p.m.–8:00 p.m.: **WORKSHOP** Sophrology by videoconference

THURSDAY, APRIL 20

7:45 a.m.–8:15 a.m.: Sporting breakfast!
ALL DAY: Sport–health challenge
9 a.m.–7:30 p.m.: Games at the library
9 a.m.–7:30 p.m.: Staying active, even at the library
11:45 a.m.–12:45 p.m.: Flexitarian booth
12:30 p.m.–1:15 p.m.: Walking on campus RDV
1:00 p.m.–3:00 p.m.: Action Suricate
1:00 p.m.–3:30 p.m.: **WORKSHOP** Sound bathing
1:00 p.m.–5:00 p.m.: **VILLAGE** Student club activities
1:00 p.m.–5:00 p.m.: **VILLAGE** Animal bonding
1:00 p.m.–5:00 p.m.: **VILLAGE** Saint Sernin student care booth
1:00 p.m.–5:00 p.m.: **VILLAGE** Relais Santé student booth
1:00 p.m.–5:00 p.m.: **VILLAGE** Nightline booth
2:00 p.m.–4:00 p.m.: **WORKSHOP** Sophrology and self-massage
2:00 p.m.–5:00 p.m.: **WORKSHOP** Improvisation
12:00 p.m.–4:00 p.m.: **VILLAGE** Mental health quiz
12:15 p.m.–4:45 p.m.: **WORKSHOP** NLP
2:00 p.m.–4:15 p.m.: **WORKSHOP** Getting organized
3:30 p.m.–5:00 p.m.: **WORKSHOP** Sensory chocolate tasting
4:00 p.m.–4:45 p.m.: **WORKSHOP** Chair yoga
4:00 p.m.–5:00 p.m.: **WORKSHOP** Jacobson's progressive relaxation
4:00 p.m.–5:00 p.m.: **WORKSHOP** Sport & oxygen

FRIDAY, APRIL 21

7:45 a.m.–8:15 a.m.: Sporting breakfast!
ALL DAY: Sport–health challenge
10:15 a.m.–12:30 p.m.: **WORKSHOP** NLP
11:45 a.m.–12:45 p.m.: Flexitarian booth
12:30 p.m.–1:15 p.m.: Walking on campus RDV
12:00 p.m.–3:00 p.m.: Mental health quiz
12:30 p.m.–2:00 p.m.: **WORKSHOP** Mentally preparing for exams
9 a.m.–7:30 p.m.: Games at the library
9 a.m.–7:30 p.m.: Staying active, even at the library

