



Welcome
Office



Welcome to Well-being

A Journey to your Mental Harmony

presentations and workshops for international students

Music Relaxation: A Touch of Healing Tones	16. 02. 2024
Emotions and Mental Health from the Chinese Medicine Perspective I	01. 03. 2024
Emotions and Mental Health from the Chinese Medicine Perspective II	22. 03. 2024
Well-being and Self-Care: Fostering a Balanced Life	05. 04. 2024
Strategies for Effective Learning	12. 04. 2024
Time Management and Techniques for Successful Planning	19. 04. 2024
Nutrition Practices with TCM: Self-Massage Techniques I	26. 04. 2024
Positive Effects of Tibetan Dance Techniques on Mental Health	03. 05. 2024
Mindfulness: Focusing on the Present Moment	10. 05. 2024
Nutrition Practices with TCM: Self-Massage Techniques II	17. 05. 2024



- free attendance
- registration on the Welcome Office website
- www.upol.cz/welcome-office