

Join the Uni Mental Health Day

Thursday, 14 October | Belval Campus

Come along for fun activities and interesting talks around mental health.

7:45 – 8:30 **Body Balance** | Online*

9:00 – 10:00 **Yoga course** | in person & bring your own mat

10:30 – 11:30 **Tea & Talk with Marcela Zambrano**

12:00 – 14:00 **Mental Health Info Stands**

13:00 – 16:00 **Tech & Mental Health tryout Virtual Reality and gaming**

17:00 – 18:00 **Mindfulness session** | In person & Online*

17:00 – 18:30 **Mental Health in an Unequal World
Discussion & Lecture Series**

organised by MIS - Migration and Inclusive Societies Group ([Sign up link](#))

All events take place on the 1st floor
of Maison des Arts et des Etudiants

Extra fun activities

11:00 – 14:00 **Smoothie Bike – make your healthy smoothie while biking**

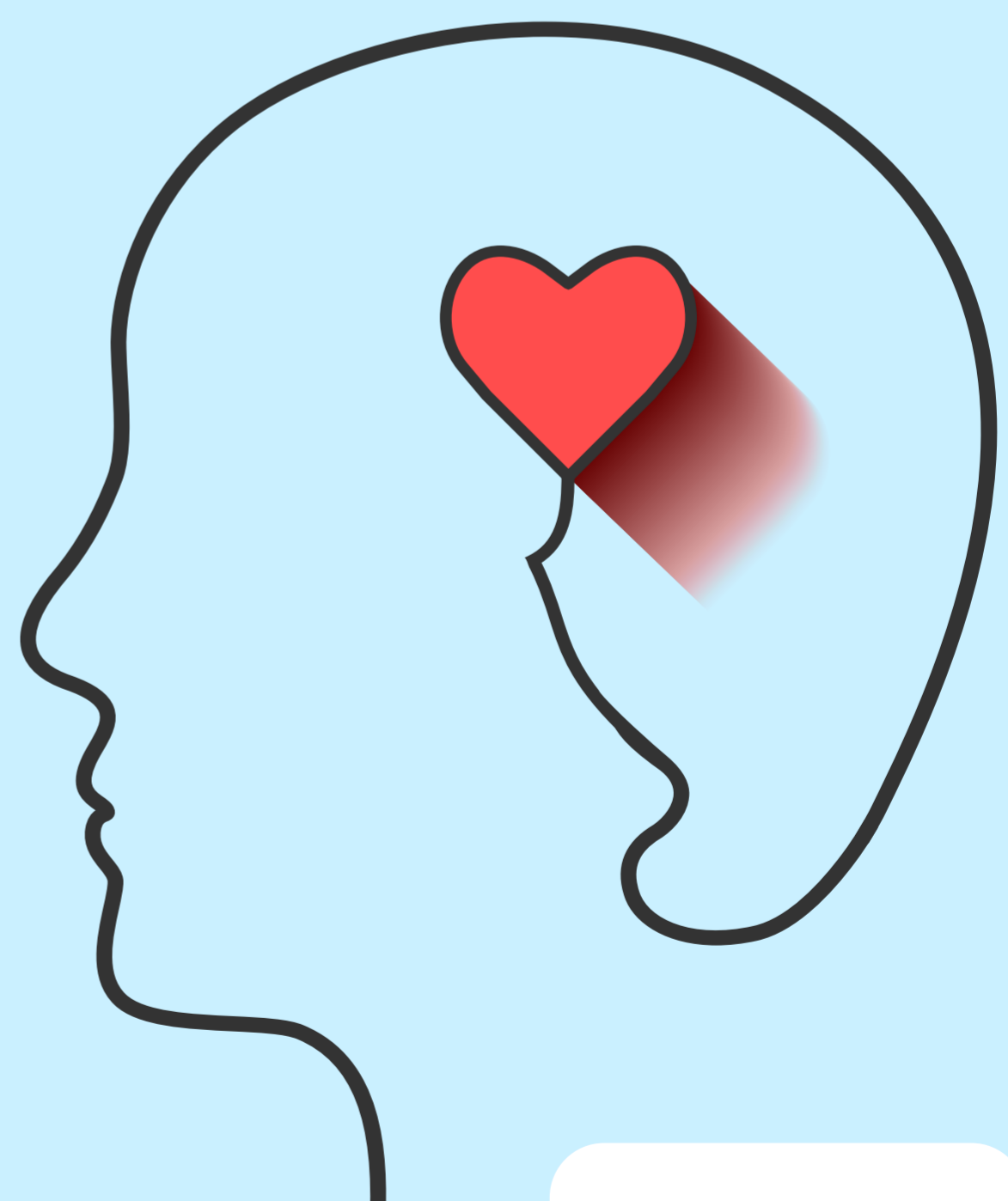
14:00 – 16:00 **Arts Creativity / Board Games**

14:00 – 16:00 **Relaxing Mandalas session**
Inside the MAE

The event has been organised by the Commission
Aménagements Raisonables & Student Services, SEVE

*register on Affluences via Campus Sport / Campus Wellbeing

To participate, you'll need to present a **CovidCheck** certificate.
It is not possible to do a rapid test on site.



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