

Discussion hours

Share experiences with your fellow students

Finding a balance in nutrition

Do you have trouble balancing your food pattern?



12:30 - 13:30



Friday February 18

Friday March 18



Monday March 14

Monday March 28



Thursday March 24

Friday March 11



Monday March 14

Monday March 28



Thursday April 7

Monday March 28



Thursday February 24

Wednesday April 6



Thursday March 10 (?)

Monday April 4



Subscribe on the website of your study association



Do you have difficulty relaxing?

Mindfulness