



SSC  
Eindhoven



# vitality week

11 - 15 March 2024

## TUESDAY 12 MARCH

8h30 - 16h30 | Health Check *Employees only*

9h30 - 12h15 | Speedcoach Sessions

*Employees only*

10h00 - 11h30 | Burn-Out Prevention

*by Student Psychologist*

11h00 - 11h15 | Fit Break Club

12h00 - 13h00 | History Walk

13h00 - 14h30 | Workshop Dance for Balance

13h30 - 16h30 | Recognition of Stress Signals

*Employees only*

*For all TUE students & employees*

Register via [ssceindhoven.tue.nl](https://ssceindhoven.tue.nl)

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