



SSC  
Eindhoven



# vitality week

11 - 15 March 2024

## THURSDAY 14 MARCH

9h00 - 11h00 | Recognition of Stress Signals

*Employees only*

9h30 - 12h15 | Speedcoach Sessions

*Employees only*

11h00 - 11h15 | Fit Break Club

12h00 - 13h00 | History Walk

13h00 - 14h00 | CANS Workshop

14h00 - 15h00 | Food Advice

14h00 - 16h45 | Speedcoach Sessions

*Employees only*

18h00 - 18h50 | Zumba

18h00 - 20h00 | Fit Check *Students only*

*For all TUE students & employees*

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

**TU/e** EINDHOVEN  
UNIVERSITY OF  
TECHNOLOGY