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