



SSC
Eindhoven



vitality week

11 - 15 March 2024

MONDAY 11 MARCH

11h00 - 11h45 | Aqua HIT

12h00 - 13h00 | History Walk

12h30 - 13h30 | Sleep Lecture

13h30 - 16h15 | Speedcoach Sessions

Employees only

15h00 - 15h15 | Fit Break Club

16h00 - 16h50 | BBB

16h00 - 17h00 | Neck & Shoulder Workshop

17h30 - 19h00 | Burn-Out Prevention *by Intermate*

For all TUE students & employees

Register via ssceindhoven.tue.nl

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TECHNOLOGY