



SSC
Eindhoven



vitality week

11 - 15 March 2024

WEDNESDAY 13 MARCH

8h00 - 8h50 | Power Yoga

11h30 - 14h00 | Share what impacts your Physical Wellbeing

12h00 - 13h00 | Workshop Mind & Body

12h00 - 13h00 | Workshop Self-Empowering

Employees only

12h30 - 13h15 | Spinning

14h30 - 16h45 | Speedcoach Sessions

Employees only

16h00 - 17h00 | Artificial Intelligence & Sports

17h00 - 18h00 | Food Advice

18h30 - 21h30 | Workshop Sleep

19h00 - 21h30 | Listen to your Body *Students only*

For all TUE students & employees

Register via ssceindhoven.tue.nl

TU/e EINDHOVEN
UNIVERSITY OF
TECHNOLOGY