

BECOME HEALTHY & SUSTAINABLE



22.11.2023

Health courses & workshops in English, seminar room 2/3:

Course "Yoga", 10.00 - 10.45 am

Course "Center yourself - Meditation & Mindfulness", 11.00 - 11.45 am

Workshop "Fascia Release", 12.45 - 1.30 pm

Workshop "BackFit at Work", 1.45 - 2.30 pm

Personal health checks in English & German, 9.00 am - 4.00 pm:

Pupillography-Sleep analysis / *Pupillographie-Schlafanalyse*, meeting room 2

Vital Screening / *Vital Screening*, meeting room 1

Mobility Check / *Beweglichkeits-Check*, meeting room 4

Sustainability events & talk in English, 10.00 am - 4.00 pm:

Clothes Swap / *Kleidertausch*, atrium

Waste Separation Game / *Spiel zur Mülltrennung*, atrium

Talk on "A Green Lab" / *Vortrag zum Thema „Grünes Labor“*, seminar room 2/3, 3.00 - 4.00 pm

Please register by November 15, 2023 / *Registriert euch bis zum 15. November 2023*



<https://events.gwdg.de/e/healthday23>

Organised by the MPI Age Occupational Health Management & Sustainability Group in cooperation with
Organisiert vom Betrieblichen Gesundheitsmanagement (BGM) und der Nachhaltigkeitsgruppe in Kooperation mit

