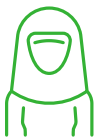


BOOST YOUR WELL-BEING AND

# CATCH YOUR BREATH!

WELL-BEING WEEKS 19 APRIL - 21 MAY

FIVE WEEKS FULL OF ACTIVITIES.  
[UTWENTE.NL/WELLBEINGWEEKS](https://utwente.nl/wellbeingweeks)



UNIVERSITY OF TWENTE.

# HI! READY FOR A BREATH OF FRESH AIR?

AFTER A YEAR OF WORKING FROM HOME AND CORONA MEASURES, MANY OF US ARE READY TO CATCH THEIR BREATH. SO, WE ORGANISED A WIDE RANGE OF ACTIVITIES DURING OUR WEEKS OF WELL-BEING:  
**19 APRIL - 21 MAY 2021.**

## WELL-BEING AT UT

At the University of Twente we highly value your well-being and, therefore, we will organise these new and improved Health weeks called 'well-being weeks' several times a year. During the well-being weeks we will give special attention to **enjoyment, vitality, physical and mental health, and relaxation.**

## CATCH YOUR BREATH

In this first edition you can choose from a wide range of online workshops, lectures, exercises, and relaxing activities varying from yoga to painting, all related to the theme '**Catch your breath**'. We hope you will enjoy the well-being weeks and take time to catch your breath.

**LEARN MORE & SIGN UP AT [UTWENTE.NL/WELLBEINGWEEKS](https://utwente.nl/wellbeingweeks)**

On behalf of the well-being group and task force,

Hans Oeloff



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