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**Week 40 & 41**

**Monday, 04.10.**

9.00-10.00  
**Openings lecture  
Boost and Balance**  
Tinka van Vuuren

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12.30-13.30  
**Online Yoga**

**Tuesday, 05.10.**

**Wednesday, 06.10.**

**Thursday, 07.10.**

**Friday, 08.10.**

12.30-13.30  
**Online Yoga**

**Monday, 11.10.**

12.30-13.30  
**Online Yoga**

**Tuesday, 12.10.**

16.00-17.00  
**Interactive lecture  
Sleep smart - Sense  
and nonsense about  
sleep**  
Ed de Bruin

**Wednesday, 13.10.**

11.30-12.45  
**Viermarken lunch walk**

**Thursday, 14.10.**

**Friday, 15.10.**

12.30-13.30  
**Online Yoga**

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**Week 42 & 43**

**Monday, 18.10.**

12.30-13.30  
**Online Yoga**

**Tuesday, 19.10.**

**Wednesday, 20.10.**

16.00-17.00  
**Presentation TalentNED  
Topsport en sports data**

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18.00  
**Salsa workshop**

**Thursday, 21.10.**

**Friday, 22.10.**

12.30-13.30  
**Online Yoga**

**Monday, 25.10.**

12.30-13.30  
**Online Yoga**

**Tuesday, 26.10.**

**Wednesday, 27.10.**

**Thursday, 28.10.**

**Friday, 29.10.**

12.30-13.30  
**Online Yoga**

## **Week 43**

**Zondag, 31.10.**

**Day of silence**

### **Available during all weeks:**

- Feel better cards (in various buildings)
- Fruit on various days in 5 buildings