



# Health Week

- 22.-25. March -

## Monday

12:00 p.m. - Geocaching  
CAU/UKSH Campus

5:00 p.m. - Workshop  
"Resilience  
Strengthening"

## Tuesday

8:00 a.m. - Yoga  
"Get up, stand up"

12:00 p.m. - Geocaching  
CAU/UKSH Campus

4:00 p.m. - Photo  
Walk

## Wednesday

12:00 p.m. - Geocaching  
CAU/UKSH Campus

5:00 p.m. - Yoga  
"Vinyasa flow"

## Thursday

8:00 a.m. - Yoga  
"Morning flow"

4:00 p.m. - Workshop  
"When art and science  
collide"

5:30 p.m. - Zumba

## Zoom

Yoga: ID: 889 2166 4446 / PW: 136234

Zumba: ID: 841 5747 7561 / PW: zumba

Resilience: ID: 826 0221 6894 / PW: 384167

Art & Science: ID: 831 6444 7060 / PW: 675130

