



Welcome
Office

Welcome to Well-being
A Journey to your Mental Harmony

Well-being and Self-Care: Fostering a Balanced Life

At the onset of this lecture, the term “well-being” will be introduced. You will receive practical instructions on how to properly take care of your own well-being. Throughout the event, you will have the opportunity to learn new techniques and try them firsthand. The goal is for you to be able to apply the acquired skills in your everyday life.

Lector: doc. Mgr. Michal Růžička, Ph.D.

Date: April 5, from 1:30 PM to 3:30 PM

Place: Room 2.05, třída Svobody 8, Olomouc

Capacity: 20 persons

Registration: under the QR code or on the Welcome Office website
www.upol.cz/welcome-office

