

SURVIVING UNI LIFE! ***SELF-CARE AND*** ***WELLNESS***

University life can be stressful and overwhelming, especially studying during a pandemic! Join this workshop to learn how to self-care during times of stress!

ONLINE ZOOM WORKSHOP
WEDNESDAY 29/09/2021 @ 10:30 - 12:30
TUESDAY 26/10/2021 @ 10:30 - 12:30



語文教育中心
Centre for Language
in Education

