

promotion

Monday 11/5

Inner Sustainability Week

Schedule Week 20

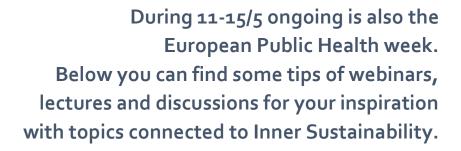
Thursday 4 / E

Monday 11/5		Thursday 14/5		
	ACTIVITY	TIME & PLACE	ACTIVITY	TIME & PLACE
	Introduction with Linn Rönne-Petersén, Susanne Assander & Emelie Mälstam Focus: Welcome to the Inner Sustainability Week!	9:00-9:30 Zoom link ENG/SWE	Lecture with Julia Nemirovski, lic. Psychologist, KI Student Health Center Focus: Self-care tips for mental and existential health promotion.	10:00-10.45 <u>Zoom link</u> ENG
	Lecture with Mats Jong, Nurse & Associate professor, Mid Sweden University Focus: Integrative nursing, wilderness medicine and mindfulness with meditation exercises	13:00-16:00 <u>Zoom link</u> SWE	Active break with the with KI Health promotion	13:50-14:00 <u>Zoom link</u> ENG
	Active break with KI Health promotion	13:50-14:00 <u>Zoom link</u> ENG	Work out with KI Health promotion Focus: Intro to yogic exercises, main principles, 30 min (all skill-levels welcome, wear comfortable clothing)	11:00-11:45 <u>Zoom link</u> ENG
	Tuesday 12/5		Friday 15/5	
	ACTIVITY	TIME & PLACE	ACTIVITY	TIME & PLACE
	Happy International Nurses Day! Lecture with Linn Rönne-Petersén, Nurse & PhD-student at KI Focus: Integrative nursing, holistic health and the healing effect of nature	09:00-10:00 <u>Zoom link</u> SWE	Lecture with Maria Niemi, Assistant Professor & Walter Osika, Associate Professor from Center of Social Sustainability (CSS) at KI Focus: Sustainability work and research at KI and CSS	11:30-12:15 <u>Zoom link</u> SWE
	Work out with KI Health promotion Focus: Training when working from home. 30 workout, 30 min questions and discussion (wear comfortable clothing)	10:00-11:00 <u>Zoom link</u> ENG	Lecture with Pastor Elisabet Ravelojaouna from the university church. Focus: What is existential health?	13:00-13:45 <u>Zoom link</u> SWE
	Active break with KI Health promotion	13:50-14:00 <u>Zoom link</u> ENG	Active break with the KI Health promotion	13:50-14:00 <u>Zoom link</u> ENG
	Wednesday 13/5		Concluding outroduction with reflections	14:00-15:00 <u>Zoom link</u> ENG
	ACTIVITY	TIME & PLACE	from the Inner Sustainability week with Linn Rönne-Petersén, Susanne Assander & Emelie Mälstam	
	Lecture with Astrid Grensman, MD and PhD. Focus: Traditional yoga and quality of life	10:00-12:00 <u>Zoom link</u> SWE		
	Lecture with Gunilla Lönnberg, PhD-student at KI, Med. Ma. Public Health and Anthropologist Focus: Mindfulness	13:00-15:00 <u>Zoom link</u> SWE		(A.I.)
	Active break with the with KI Health	13:50-14:00		ROLL LOUIS

Zoom link

ENG





You can also discover more interesting webinars and lectures on the following web. To participate klick on the links. For some events registration are mandatory, see website:

www.eupha.org/euphw_page.php?a=all

Promoting health through the Global Goals and Agenda 2030

Focus: Joining forces for healthier populations! Kick off webinar for the European Public Health week with panel discussions with representatives from major European organizations working in the health sector.

Monday 11/5 09:30-11:00 (GMT +01:00) Zoom link

Tuesday 12/5 9:00-

9:30 (GMT +01:00)

Wednesday 13/5 17:00-18:00

Wednesday 13/5

17:00-18:30 (GMT

Wednesday 13/5 18:00-19:00 (GMT

Cecilia.m@unic.ac.cy

for registration prior to

Youtube link

email

the date

+01:00) Zoom link

+01:00) Zoom link

Round Table Discussion on Primary care and health communication

Focus: Healthy communication in times of crises

Live Virtual Yoga and Meditation WebEx session: #847034833

Focus: Yoga and Meditation to Help with Sleep and Stress

Mental health forum

Healthy cooking session

Lecture: Is Equal Health for all possible? Even in times of crises?

Focus: Gender specific resilience methods and tools for men resp. how men react/act in times of stress and crises.

Live Virtual Pilates Session

Focus: Staying Strong and Balanced.

Thursday 14/5 9:00-9:30

Youtube link

Friday 15/5 11:00-12:00 (GMT+02:00)

Zoom link

Information and resource from Center for Spirituality & Healing, University of Minnesota

Focus: Information and resources to advance health and wellbeing of individuals, organizations and communities during COVID-19 pandemic.

Website

