



- 09:15–09:30 **Introduction by Fiona Brazil**
- 09:30–10:30 **Kick Stress Into The Stratosphere!**
11:00–12:00 **Reduce Your Stress with these 6 Effective Tools**
Online Talk
- 09:30–10:30 **Yoga Tools for Stress Relief**
11:00–12:00 Fornax
- 09:30–12:30 **Measurement of Body Composition**
13:00–15:30 **(Futrex)**
Centaurus
- 10:00–12:30 **Brief Physiotherapy Sessions**
13:00–15:30 Pavo, Tucana and Phoenix
- 11:00–12:00 **Employee Assistance Programme**
Online Talk
- 11:00–12:00 **Vegan Cooking Show with Food Tasting**
12:30–13:30 Outside Building A

Health and Well-being Day

21 October 2020, ESO Garching

- 12:00–13:00 **Mind over Matter –**
13:30–14:30 **The Power of Thoughts over our Body**
Online Talk
- 12:30–13:30 **The Importance of Correct Nutrition for our Health:**
14:00–15:00 **A Journey between Intestine and Brain**
Online Talk
- 13:00–14:00 **The Pulse of Community:**
14:30–15:30 **Introduction to Dance Therapy**
Fornax
- 13:00–14:00 **The Great Outdoors: A Recipe for Physical**
14:30–15:30 **and Mental Well-being**
Online Talk
- 15:30–15:45 **Closure by Fiona Brazil**

Participation in person needs registration

For more information and registration, please visit
www.eso.org/intra/hr/health-and-well-being-day-2020.html