

12:30 - 2PM WELLBEING WEDNESDAYS

MARCH 22ND - PHYSICAL WELLBEING

TAKING CARE OF OUR BODIES AND RECOGNIZING HOW DAILY HABITS IMPACT OUR OVERALL WELLBEING.

LEW FORUM - PASSIVE YOGA, SNACKS & PHYSICAL WELLBEING STRATEGIES



MARCH 29TH - INTELLECTUAL WELLBEING

EXPANDING OUR COGNITION WITH NEW LEARNING AND CREATIVITY TO ENRICH OUR MIND.

LEW FORUM AT 1PM - SESSION ON EXECUTIVE FUNCTION STRATEGIES



APRIL 5TH - EMOTIONAL WELLBEING

THE ABILITY TO PROCESS EMOTIONS AND THOUGHTS, AND ADAPT COPING STRATEGIES WHEN CONFRONTED WITH STRESSFUL SITUATIONS

HK ALUMNI LOUNGE - GIVE A TREAT, TAKE A TREAT



APRIL 12TH - SOCIAL WELLBEING

HUMANS NEED SOCIAL CONNECTION - IT IS IMPORTANT TO OUR WELLBEING TO HAVE MEANINGFUL CONNECTIONS.

LEW FORUM - SNACKS, CELEBRATIONS & FUN ACTIVITIES.

