

Swedish Smorgasbord

Information from the Student Health Care Center, Campushälsan and the Emergency Care

DATE: 1 February

TIME: 16:15–17:15

ROOM: Leonardo

Career night – more information on MyCareer

DATE: 27 February

TIME: To be announced

ROOM: To be announced





Workshop Mindfulness

DATE: 15 Mars

TIME: 15:00-16:30

ROOM: To be announced

We will talk about and try out mindfulness meditation and other mindful techniques. We will discuss a mindful approach to life, ourselves and each other and how that make us feel more alive. If you want to join, send an email to annika.axelsson@lnu.se

Science of Happiness

DATE: 12 April

TIME: 10.00-12.00

ROOM: To be announced

We will dig into things that is known about happiness and how to become happier. It is not about sugarcoating life but being in life as it is, using what we **KNOW** make us happier. If you want to join, send an email to Annika.Axelsson@lnu.se

Information Meeting with Migration Agency – extending your residence permit

DATE: Beginning April – to be announced

TIME: To be announced

ROOM: To be announced