

Programma UvA Health Week 2019

	Open voor	Taal	Tijd	Naam spreker(s)	Locatie	Zaal
Maandag 13 mei						
UvA Health Week Kick-off	studenten, PhD, staff	ENG	16.30 - 18.00	Karen Maex, Reinout Wiers, Colin Altena en ervaringsdeskundigen	Roeterseiland	CREA Theaterzaal
Dinsdag 14 mei						
Health Checks	PhD	ENG-NL	08.30 - 17.00	Arbodienst, Patty Boers	Roeterseiland	Gebouw REC-G
Floreren in een competitieve wereld	studenten, PhD	NL	09.30 - 11.00	Meike Heeremans	Roeterseiland	B3.04
Yoga @ your desk	studenten, PhD, staff	ENG-NL	09.30 - 10.30 11.00 - 12.00	Arbodienst, Monique vd Broek	Science Park	A1.04
Wellbeing: the Dutch way	studenten, PhD	ENG	11.00 - 12.00	Jeannette Eindhoven	Roeterseiland	B3.08
Balanced Living	studenten, PhD	ENG	13.00 - 15.00	Allard van Leeuwen	Science Park	D1.111
Mindfulness	studenten, PhD, staff	ENG-NL	13.30 - 14.30	USC Universum	Science Park	D1.116
Pilates	studenten, PhD, staff	ENG-NL	14.45 - 15.45	USC Universum	Science Park	USC Universum, Studio 2
I don't have time for the Health week	Studenten BA en MA	NL	15.00 - 16.00	Marjan Kuiper	Science Park	D1.116
Mindfulness	studenten, PhD, staff	ENG-NL	15.30 - 16.30	USC Universum	Roeterseiland	B2.06
Heel de mens, een leven lang zorgdilemma's	studenten, PhD, staff	NL	15.30 - 16.30	Louise Gunning	Roeterseiland	A2.07
Tai Chi	studenten, PhD, staff	ENG-NL	16.00 - 17.00	USC Universum	Science Park	USC Universum, Studio 3
What does stress do to your brain?	studenten, PhD, staff	ENG	17.30 - 18.15	Paul Lucassen	Science Park	C1.110
Reanimatie cursus	studenten, PhD	NL	18.30 - 22.30	Praktijk Studentenartsen	Praktijk Studentenartsen	Oude Turfmarkt 151



Woensdag 15 mei

Health Checks	PhD	ENG-NL	08.30 - 17.00	Arbodienst, Patty Boers	AMC	Trinity gebouw
Work-life balance	PhD	ENG	09.30 - 12.30	Arbodienst, Coby Watz	Roeterseiland	BK.02
I don't have time for the Health week	studenten BA en MA	ENG	11.00 - 12.00	Marjan Kuiper	Roeterseiland	B1.03
Stoelmassages	studenten, PhD, staff	ENG-NL	11.00 - 13.00	Astrid Kuiper	Roeterseiland	REC A, centrale hal
Mini-cursus schoudermassage	studenten, PhD	NL	13:30 - 14.00	Astrid Kuiper	Roeterseiland	C1.07
Taming your inner critic	studenten, PhD	ENG	15.00 - 17.00	Daisy Alsemgeest	Roeterseiland	B2.08
Mindfulness for students	studenten, PhD	ENG	16.00 - 17.00	UvA minds	Roeterseiland	CREA, Studio 3.06
Reanimatie cursus	studenten, PhD	NL	18.30 - 22.30	Praktijk Studentenartsen	Praktijk Studentenartsen	Oude Turfmarkt 151

Donderdag 16 mei

Zorg voor jezelf	studenten, PhD, staff	NL	09.30 - 11.30	Pieterneel Boer	Roeterseiland	CREA, Studio 3.06
Yoga	studenten, PhD, staff	ENG-NL	09.45 - 10.45 11.00 - 12.00	USC Universum	Roeterseiland	CREA, Muziekzaal
Yoga @ your desk	studenten, PhD, staff	ENG-NL	10.00 - 11.00 11.30 - 12.30	Arbodienst, Monique vd Broek	Roeterseiland	B2.03
Balanced Living	studenten, PhD, staff	ENG	13.00 - 15.00	Allard van Leeuwen	Roeterseiland	JKB.25
Health Checks	PhD	ENG-NL	13.30 - 17.30	Arbodienst, Patty Boers	Roeterseiland	Gebouw REC-G
How to thrive in a competitive world	studenten, PhD	ENG	15.00 - 17.00	Meike Heeremans	Roeterseiland	JK1.18
Perspectives on Addiction	studenten, PhD, staff	ENG	17.00 - 18.00	Reinout Wiers	Roeterseiland	A1.03

Na de Health Week

Wandelcoach / Walking Coach	PhD	ENG-NL	<p>Arbodienst biedt 15 'coach wandelingen' aan voor PhD studenten tussen 20 mei en 29 juni. Datum, tijd en locatie worden afgestemd met de coach, na registratie Arbo offers 15 'coach walks' for PhD students between 20 May - 29 June. Date, time and location can be discussed with the coach, after registration</p>			
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