

# Healthy minds

A workshop of fun and body-oriented experiential and interactive activities to raise awareness of a healthy mental state and practice of good self-care.

Effective ways of mood regulations informed by neuroscience studies are introduced.

Date & Time:  
18 May 2019 & 1 June 2019  
14:30-17:30

(You are welcome to join both sessions with different contents)

Venue:  
Hong Kong Children's Hospital

\*Participants are encouraged to wear comfortable clothing

First come first serve, each workshop limited to 20 persons  
Inquiry email: [healthymindworkshop@gmail.com](mailto:healthymindworkshop@gmail.com)

Program details/ Registration

Co-organized by



The Society of Anaesthetists  
of Hong Kong

Department of Anaesthesia  
Hong Kong Children's Hospital

