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

Co-organized by
The Society of Anaesthetists of Hong Kong
Department of Anaesthesia
Hong Kong Children’s Hospital