



香港浸會大學  
HONG KONG BAPTIST UNIVERSITY



COLLEGE OF 國際學院  
INTERNATIONAL EDUCATION



# Relaxation and Add Oil Programme 鬆一鬆, 加油站!

Aroma Stone  
擴香石香薰



Pastel Nagomi Art  
和諧粉彩



A series of workshops and activities are specially designed for you to boost your energy and mental wellness in order to enhance your ability and power. Relaxation art workshops will be arranged this month.

Throughout the workshops, you will learn to easily draw a beautiful Pastel Nagomi artwork and DIY your own aroma stone with essential oil to comfort and relax yourself with some mental health information and tips.

**Date:** 6 Oct 2020 (Tue) – Pastel Nagomi Art Taster Workshop (和諧粉彩體驗工作坊)

8 Oct 2020 (Thu) – Aroma Stone Workshop (擴香石香薰工作坊)

**Time:** 2:00pm to 3:30pm

**Venue:** CIE/ Zoom

**Target:** All CIE students

**Fee:** Free of Charge (Included all the art materials)

**Quota:** 20@each class (First-come-first-served)

**Language:** Cantonese

**Enrolment:** <https://bit.ly/3c8xV4I>

**Deadline:** 30 Sep 2020 (Wed)

**Enquiry:** Ms. Yuen Chan (3411-3303 / [ciesdc@hkbu.edu.hk](mailto:ciesdc@hkbu.edu.hk))

**Remarks:** The workshops are sponsored by St. James' Settlement

