



香港浸會大學  
HONG KONG BAPTIST UNIVERSITY



COLLEGE OF 國際學院  
INTERNATIONAL EDUCATION

**Wholesome  
Wednesday**

AROUND 1-2PM



# Experiential Workshop for Mental Focus

Mindfulness skills to increase attention and memory  
Tips for daily practices to enhance learning performance

Come and experience the effect of mindfulness on mental focus!

Week 4: 29 September 2021 (Thu)

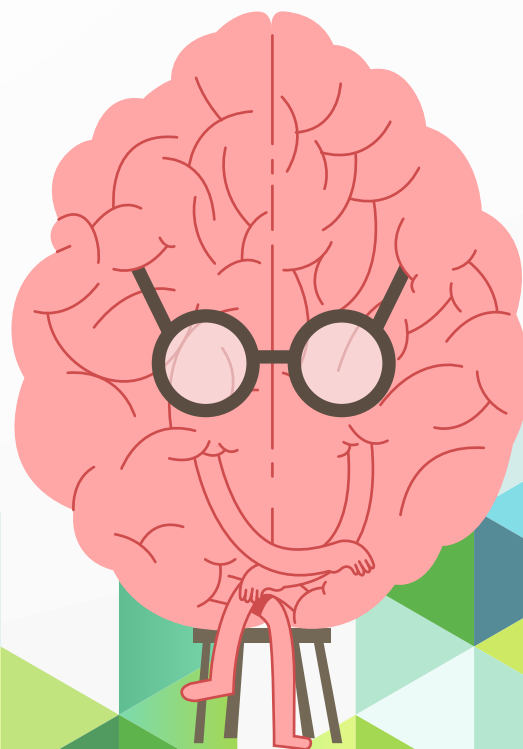
1pm-2pm

SCE 1009, Kowloon Tong Campus



Apply Here:

<https://bit.ly/3BteIG1>



WPD Factor:

**Emotional Health**

