



Self-Care Workshop: " Little Me Time "

抒緩抗疫疲勞：「給自己一點Me Time」



Pastel Nagomi Art Workshop 和諧粉彩靜心繪工作坊

31 March 2022 (Thur) 2:00-3:30pm (Zoom)

- Join this mind-relaxing Workshop to find your inner peace
- No art or design background is necessary.

Aroma Stone Workshop 香薰擴香石工作坊

7 April 2022 (Thur) 2:00-3:30pm (Zoom)

- Make your very own Aroma Stone that you can place at home, in your bag, and even in your wallets.
- You'll bring home 2 units of Aroma stone



***The Workshop is delivered by :
St. James Settlement 3C Project**



***All materials & tools will be sent by Express Post
(*Only HK address can be sent)**

***Student will be responsible for the postal fee**

Registration:



For enquiry: Ms. Yuen Chan
(3411-3303/ciesdc@hkbu.edu.hk)

