



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 2: 15th Sep 2021 (Wed)

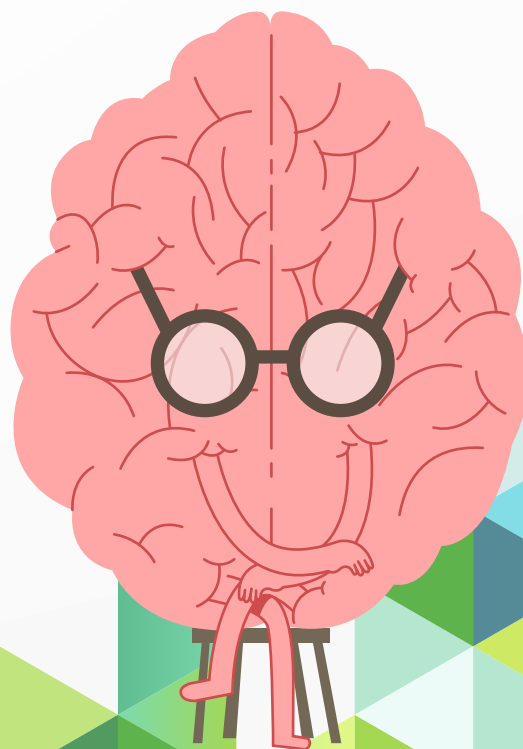
1pm-2pm

SMC 701, Shek Mun Campus



Apply Here:

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



WPD Factor:

Emotional Health

