

Health and Safety Office invites employees of the University of Gdańsk to participate in a **free** programme*.

REHABILITATION PHYSIOTHERAPY

Do you have complaints related to working at a computer?
You are in pain:



Take part in a group meeting with a physiotherapist and implement good practice today!

SING UP



A small gift for everyone

What do you gain?

- ability to perform stretching exercises
- strengthening muscles
- reducing the risk of cardiovascular disease
- reduction of pain sensations
- working comfort
- improvement in well-being
- improved quality of sleep
- increasing energy levels
- correct posture
- reduction of stress

Take with you

comfortable clothing and shoes

Time

1 hour

Groups

15 persons

Date and place

New Rectorate, 12.12.22r. 11:00 am, room 612
Faculty of Biology, 14.12.2022 11:00 am, room C118
Faculty of Philology, 19.12.2022 at 09:30, room 359
Faculty of History, 19.12.2022 at 11:00 am, room 2.61
Faculty of Economics, 11.01.2023 at 09:30 am, room 1
Faculty of Economics, 11.01.2023 at 11:00 am, room 1
Faculty of Mathematics, Physics and Informatics 12.01.2023 at 13:30, room 4.14

Faculty of Social Sciences 16.01.2023, at 11:00 am, room B112
Faculty of Oceanography and Geography 18.01.2023, at 11:00 am, room 5
Faculty of Intercollegiate Biotechnology 23.01.2023, at 11:00 am, room 040
Faculty of Chemistry 25.01.2023 11:00 am, room F16
Old Rectorate 26.01.2023 11:00 am, room 50
Faculty of Law and Administration 30.01.2023 11:00 am, room 0024