



## Health and Wellness Workshops - September to December

Contenu sous forme de paragraphes

*Health and Wellness Workshops to reconnect, rebuild and take care of yourself.*

Rennes 2 offers Health and Wellness workshops for its students from September to December, with the support of the Region of Brittany.

Positive communication, yoga, emotional management, self-esteem and optimism development, art therapy, naturopathy, visual thinking... Through various techniques, nearly 50 workshops online and on the Villejean campus are organized to promote your well-being and help you take care of yourself.

Access to the rooms and online workshops will be indicated soon. You can follow the event on social networks and the university's website.

Rennes 2 puts the health of its community at the heart of its concerns. These workshops complement the many actions implemented over time by the institution and the student health service to fight against the isolation and psychological distress of its community: psychological assistance of the BAPU, Covid prevention ambassadors, wellness evenings, deployment of student health relays on campus ...

These workshops are reserved for students.

[Discover the program](#)