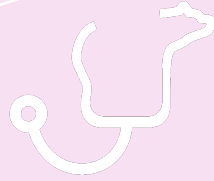


# MENTAL HEALTH DECEMBER MATTERS



**2**

**19:30**

Shutter Island  
@Kino Alhambra

**3**

**4**

**19:00**

Spielabend  
@WokerMensa

**5**

**15:15**

Tipps 1. Lernphase  
@Uni Alhambra

**9**

**18:00**

Stressbewältigung  
@Uni Alhambra

**19:30**

Rain Man  
@Kino Alhambra

**10**

**17:30\***

Workshop  
Awareness  
@Muesmattstr. 29

**11**

**17:00**

Yoga + Glühwein  
@Muesmattstr. 29

**12**

**16:30**

Yoga + Glühwein  
@Muesmattstr. 29

**16**

**18:15**

Lernstrategien  
@Uni Alhambra

**19:30**

Before sunrise  
@Kino Alhambra

**17**

**18**

**19:00\***

Tichu-Turnier  
@WokerMensa

**19**

**17:00**

Geschenke basteln  
@Muesmattstr. 29

**17:30\***

Workshop  
@Muesmattstr. 29