

OCT

Wholesome Wednesday

AROUND 1-2PM



WEDNESDAYS

SHEK MUN CAMPUS



SMC801

KOWLOON TONG CAMPUS



SCE1009

apply here

<https://bit.ly/wpdpoc>



5

Oct
1-2PM

Reaching GPA 4.0



12

Oct
1-2PM

Transforming Stress
into a Good Thing



19

Oct
1-2PM

Succulent DIY
超療癒！DIY多肉植物小盆栽

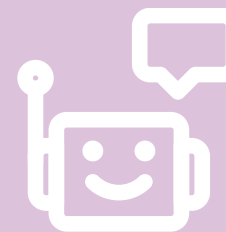


SMC 502B

26

Oct
1-2PM

Self-Care Workshop: How
to Find Our Inner Peace?
(Mindfulness Workshop)



Make a Chat Bot in 1 hour
即學即造：聊天機器人

Reaching GPA 4.0



Self-Care Workshop:
Make Your Own Aroma Stone
Workshop



Transforming Stress
into a Good Thing

enquiry 3411-3303 / ciesdc@hkbu.edu.hk



Certificate will be issued to AD students who have attended 5 WPDP sessions or more in academic year 2022-2023