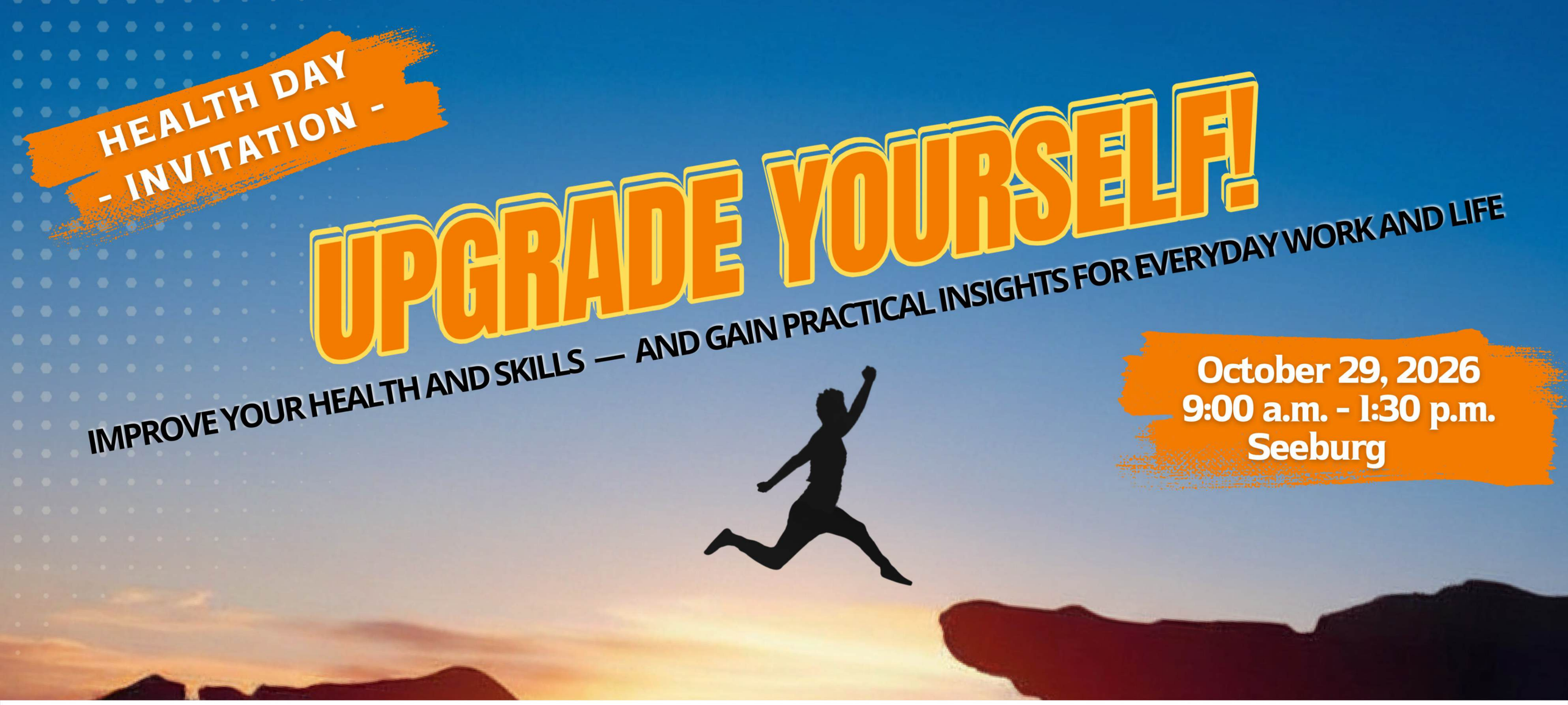
HEALTH DAY
- INVITATION -

UPGRADE YOURSELF!

IMPROVE YOUR HEALTH AND SKILLS — AND GAIN PRACTICAL INSIGHTS FOR EVERYDAY WORK AND LIFE

October 29, 2026
9:00 a.m. - 1:30 p.m.
Seeburg



JOIN THIS HALF-DAY EVENT, EXPLORING DIFFERENT PERSPECTIVES ON HEALTH IN WORK AND LIFE.
THE PROGRAM COMBINES SCIENTIFIC INSIGHTS, HANDS-ON SKILLS, AND OPPORTUNITIES FOR EXCHANGE.

Mental well-being

Health is influenced by working conditions, mental well-being, and a supportive, inclusive environment — especially in demanding academic and professional settings.

The Health Day “Upgrade Yourself” raises awareness of mental health, highlights gender aspects in science and work, and offers practical skills.

Disparities in medical research

Listen to engaging keynote talks offering valuable insights into mental health and gender sensitivity in scientific contexts.

Visit the information booths of CAU Health Management and TELUS Health and learn about the various health, support, and counseling services offered by Kiel University.

Resilience & stress management

Gain practical skills and choose between a workshop on managing stress, emotions and boundaries or a workshop exploring how differences in physiology can affect health and well-being. Both workshops combine valuable insights with practical exercises and strategies for everyday life.

Handling everyday challenges

Upgrade yourself with new knowledge, practical skills, and fresh perspectives – and connect with others along the way.

We look forward to your participation!

Kai Rossnagel
KiNSIS Spokesperson

Gerhard Schmidt
CRC 1261 Spokesperson

GEDC Team
Gender Equality & Diversity Consortium

October 29, 2026
9:00 a.m. - 1:30 p.m.
Seeburg, CAU
gedc@tf.uni-kiel.de

Register here by Oct. 23, 2026

Kiel University
Christian-Albrechts-Universität zu Kiel

GEDC Gender Equality & Diversity Consortium

KIEL NANO SURFACE & INTERFACE SCIENCE

biomagnetic sensing SFB 1261

Christian-Albrechts-Universität zu Kiel
Gesundheitsmanagement

TELUS Health