

# Inner Sustainability Week

## Schedule Week 20

### Monday 11/5

ACTIVITY	TIME & PLACE
Introduction with Linn Rönne-Petersén, Susanne Assander & Emelie Mälstam <i>Focus: Welcome to the Inner Sustainability Week!</i>	9:00-9:30 <a href="#">Zoom link</a> ENG/SWE
Lecture with Mats Jong, Nurse & Associate professor, Mid Sweden University <i>Focus: Integrative nursing, wilderness medicine and mindfulness with meditation exercises</i>	13:00-16:00 <a href="#">Zoom link</a> SWE
Active break with KI Health promotion	13:50-14:00 <a href="#">Zoom link</a> ENG

### Tuesday 12/5

ACTIVITY	TIME & PLACE
<b>Happy International Nurses Day!</b> Lecture with Linn Rönne-Petersén, Nurse & PhD-student at KI <i>Focus: Integrative nursing, holistic health and the healing effect of nature</i>	09:00-10:00 <a href="#">Zoom link</a> SWE
Work out with KI Health promotion <i>Focus: Training when working from home. 30 workout, 30 min questions and discussion (wear comfortable clothing)</i>	10:00-11:00 <a href="#">Zoom link</a> ENG
Active break with KI Health promotion	13:50-14:00 <a href="#">Zoom link</a> ENG

### Wednesday 13/5

ACTIVITY	TIME & PLACE
Lecture with Astrid Grensman, MD and PhD. <i>Focus: Traditional yoga and quality of life</i>	10:00-12:00 <a href="#">Zoom link</a> SWE
Lecture with Gunilla Lönnberg, PhD-student at KI, Med. Ma. Public Health and Anthropologist <i>Focus: Mindfulness</i>	13:00-15:00 <a href="#">Zoom link</a> SWE
Active break with the with KI Health promotion	13:50-14:00 <a href="#">Zoom link</a> ENG


### Thursday 14/5

ACTIVITY	TIME & PLACE
Lecture with Julia Nemirovski, lic. Psychologist, KI Student Health Center <i>Focus: Self-care tips for mental and existential health promotion.</i>	10:00-10.45 <a href="#">Zoom link</a> ENG
Active break with the with KI Health promotion	13:50-14:00 <a href="#">Zoom link</a> ENG
Work out with KI Health promotion <i>Focus: Intro to yogic exercises, main principles, 30 min (all skill-levels welcome, wear comfortable clothing)</i>	11:00-11:45 <a href="#">Zoom link</a> ENG

### Friday 15/5

ACTIVITY	TIME & PLACE
Lecture with Maria Niemi, Assistant Professor & Walter Osika, Associate Professor from Center of Social Sustainability (CSS) at KI <i>Focus: Sustainability work and research at KI and CSS</i>	11:30-12:15 <a href="#">Zoom link</a> SWE
Lecture with Pastor Elisabet Ravelojaouna from the university church. <i>Focus: What is existential health?</i>	13:00-13:45 <a href="#">Zoom link</a> SWE
Active break with the KI Health promotion	13:50-14:00 <a href="#">Zoom link</a> ENG
Concluding outroduction with reflections from the Inner Sustainability week with Linn Rönne-Petersén, Susanne Assander & Emelie Mälstam	14:00-15:00 <a href="#">Zoom link</a> ENG





During 11-15/5 ongoing is also the European Public Health week. Below you can find some tips of webinars, lectures and discussions for your inspiration with topics connected to Inner Sustainability.

You can also discover more interesting webinars and lectures on the following web. To participate click on the links. For some events registration are mandatory, see website: [www.eupha.org/euphw\\_page.php?a=all](http://www.eupha.org/euphw_page.php?a=all)

**Promoting health through the Global Goals and Agenda 2030**

Focus: Joining forces for healthier populations! Kick off webinar for the European Public Health week with panel discussions with representatives from major European organizations working in the health sector.

Monday 11/5 09:30-11:00 (GMT +01:00)  
[Zoom link](#)

**Round Table Discussion on Primary care and health communication**

Focus: Healthy communication in times of crises

Tuesday 12/5 9:00-9:30 (GMT +01:00)  
[Youtube link](#)

**Live Virtual Yoga and Meditation WebEx session: #847034833**

Focus: Yoga and Meditation to Help with Sleep and Stress

Wednesday 13/5 17:00-18:00  
email  
[Cecilia.m@unic.ac.cy](mailto:Cecilia.m@unic.ac.cy)  
for registration prior to the date

**Mental health forum**

Wednesday 13/5 17:00-18:30 (GMT +01:00)  
[Zoom link](#)

**Healthy cooking session**

Wednesday 13/5 18:00-19:00 (GMT +01:00)  
[Zoom link](#)

**Lecture: Is Equal Health for all possible? Even in times of crises?**

Focus: Gender specific resilience methods and tools for men resp. how men react/act in times of stress and crises.

Thursday 14/5 9:00-9:30  
[Youtube link](#)

**Live Virtual Pilates Session**

Focus: Staying Strong and Balanced.

Friday 15/5 11:00-12:00 (GMT+02:00)  
[Zoom link](#)

**Information and resource from Center for Spirituality & Healing, University of Minnesota**

Focus: Information and resources to advance health and wellbeing of individuals, organizations and communities during COVID-19 pandemic.

[Website](#)



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