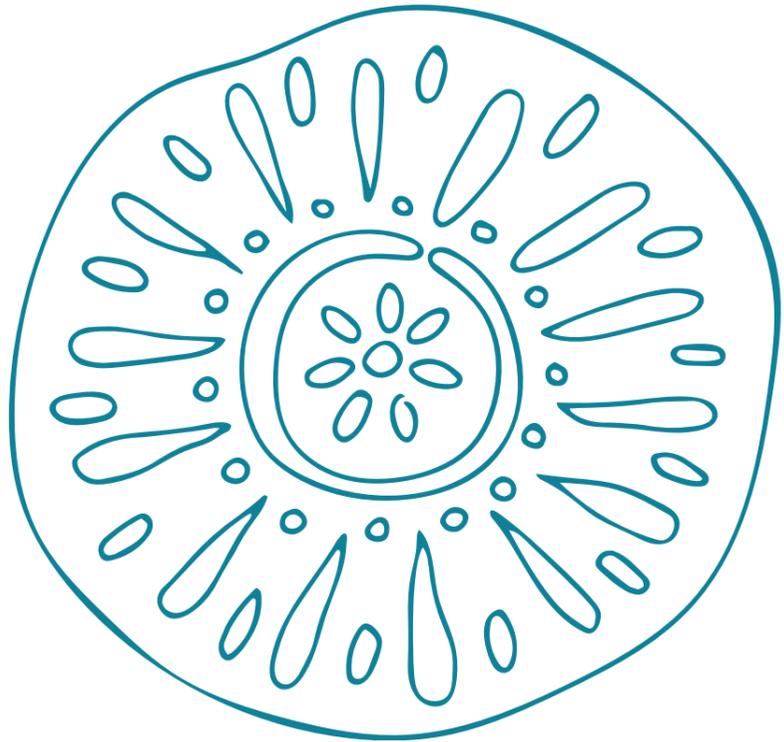


learningm!nds

Presents



Workplace Wellbeing Workout 2.0



09:00 AM - 12:00 PM

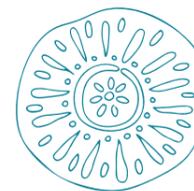


10TH OCTOBER 2025



SALIM HABIB UNIVERSITY

*We are excited to have this
back and even bigger!!*



EVENT AGENDA

OCTOBER 10, 2025 | 9:00AM - 12:00 PM | SALIM HABIB UNIVERSITY, KARACHI

Registration & Networking

9:00 AM

9:30 AM

Opening Remarks

Expert Talk : Mental Wellbeing

9:40 AM

10:00 AM

Expert Talk : Physical Wellbeing

Panel Discussion: Workplace & Wellbeing

10:20 AM

11:00 AM

Expert Talk : Financial Wellbeing

Expert Talk : Social & Emotional Wellbeing

11:20 AM

11:40 AM

Closing Remarks & Hi-tea

Fee: PKR 5000

(Group discounts available)

For Registration, Contact us at
0337-2394-394 / +92 321 8747595
events@learningmindsgroup.com