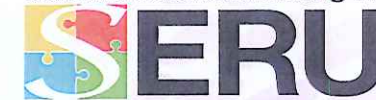


..You are cordially invited to our **SEPTEMBER EVENTS**

Student Affairs and Alumni Division @ UM



STUDENT EMPOWERMENT & RESEARCH UNIT

Empowering to Make a Difference

Please call us
@ 03 - 79677057
or info_seru@um.edu.my

BLISS 2015

Stress less, love life!
Balanced Living In a Serene campus

19

Sept' 15

9.00am - 10.30am

✓ **Opening Ceremony**

10.30am - 12.00pm

✓ **Manage Your Money!**

12.00pm - 1.30pm

✓ **Eat Right & Live Well!**

2.30pm - 4.00pm

✓ **Academic Anxiety &
Stress Management**

4.00pm - 5.30pm

✓ **Self Stress Healing Techniques**

..Venue @ Gazebo & Dewan Perdana 4, KPS



20

Sept' 15



Game booths
Food & Beverage
booths

9.00am - 10.30am

✓ **Being Different**

11.00am - 12.30pm

✓ **Networking**

3.00pm - 4.30pm

✓ **Adaptability**

4.30pm

✓ **Closing Ceremony**

*..Venue @ Gazebo & Dewan Perdana 4,
KPS*

