



UNIVERSITY OF  
KWAZULU-NATAL™  
INYUVESI  
YAKWAZULU-NATALI

COLLEGE OF  
HUMANITIES

STUDENT SUPPORT SERVICES

## INVESTING IN YOUR SUCCESS LIFE-SKILLS PROGRAMME:

### MINDFULNESS WEBINAR

TUESDAY,  
18 MARCH 2025

14h30

TO JOIN ZOOM MEETING:

[CLICK HERE](#)

Meeting ID: 963 4139 7894  
Passcode: 805854



### MENTAL WELLBEING WEBINAR

THURSDAY,  
20 MARCH 2025

14h30

TO JOIN ZOOM MEETING:

[CLICK HERE](#)

Meeting ID: 993 5459 9432  
Passcode: 236569

