

# 'STRESS WORKSHOP'

2026 CONFERENCE | SOCIAL EVENTS



## WELCOME DRINKS

Date: 28 September

Time: 18:00-19:00

Location: Conference venue

**WELCOME  
DRINKS**

## CONFERENCE DINNER

Date: 29 September

Time: 19:00-21:00

Location: Conference venue

**CONFERENCE  
DINNER**



**HIKING**

*Experience. Explore. Connect.*



## HIKING

Date: 1 October

Time: 9:00 am-12:00/12:30 p.m.

Meeting point (9:00 am): Conference venue

*Comfortable shoes recommended.*