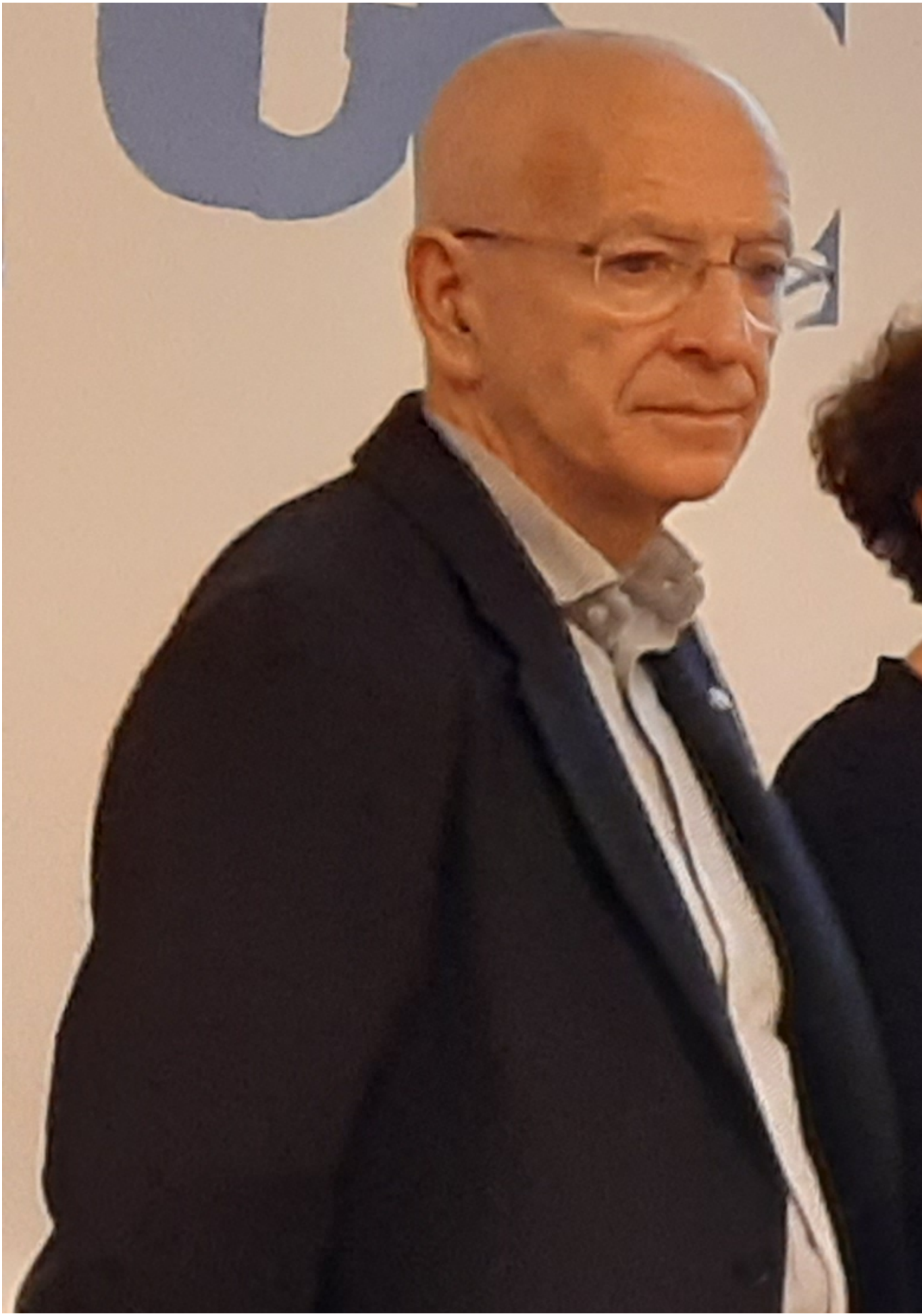
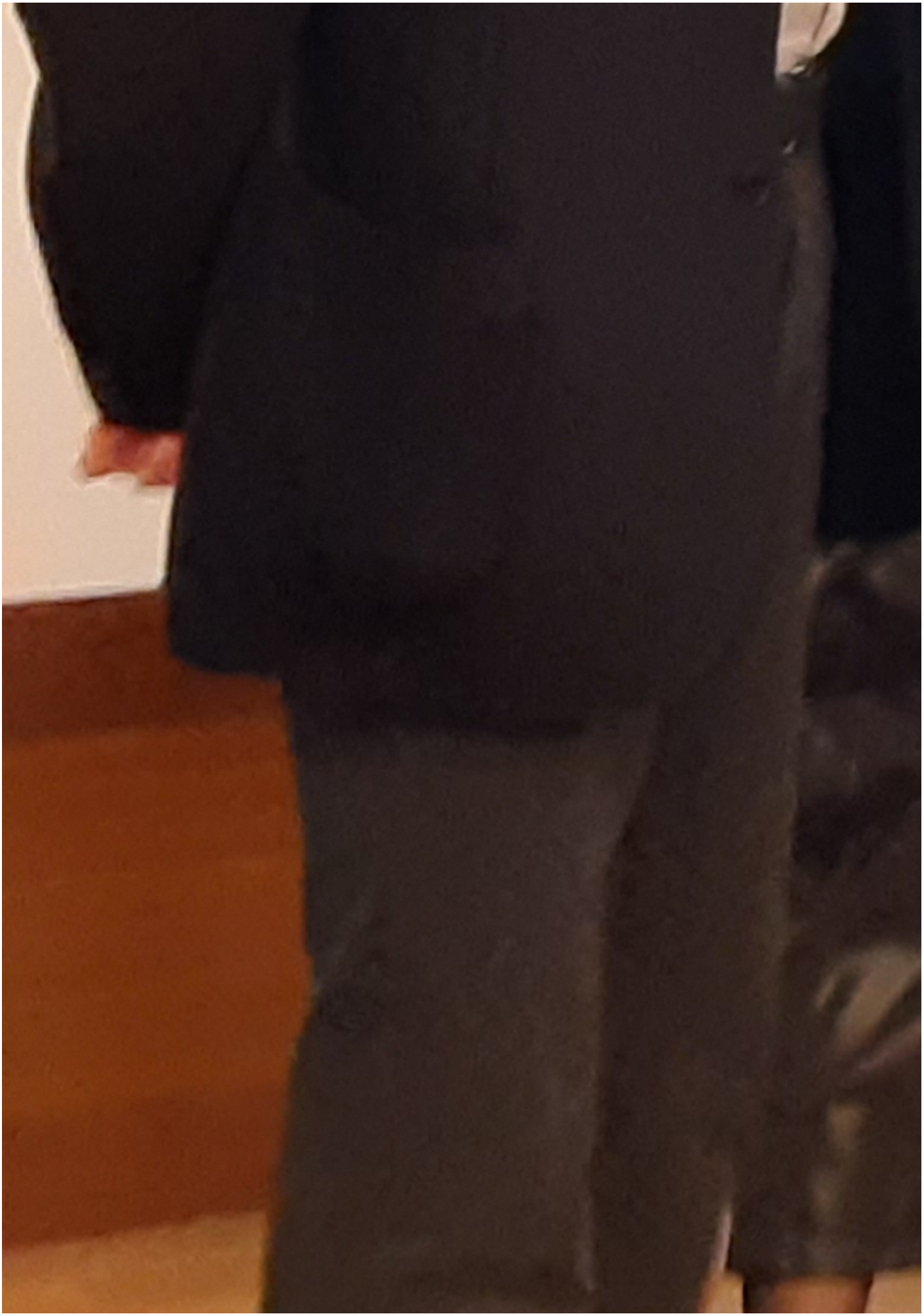
dilluns, 14 de novembre de 2022

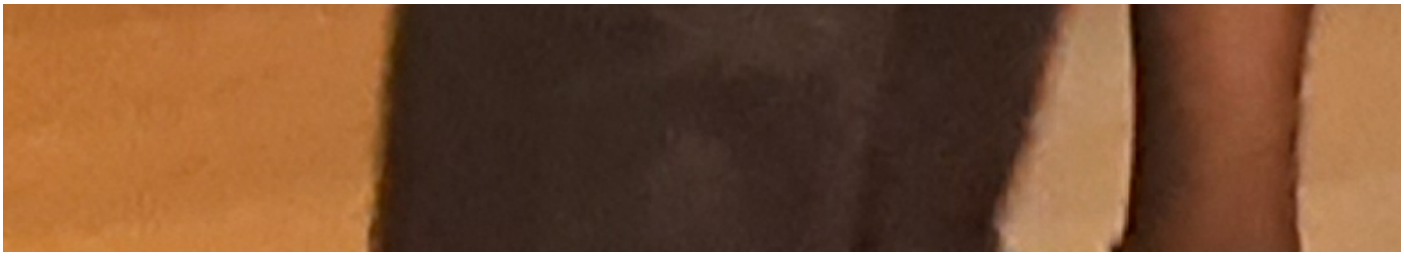
Jornada INNSOC sobre benestar emocional

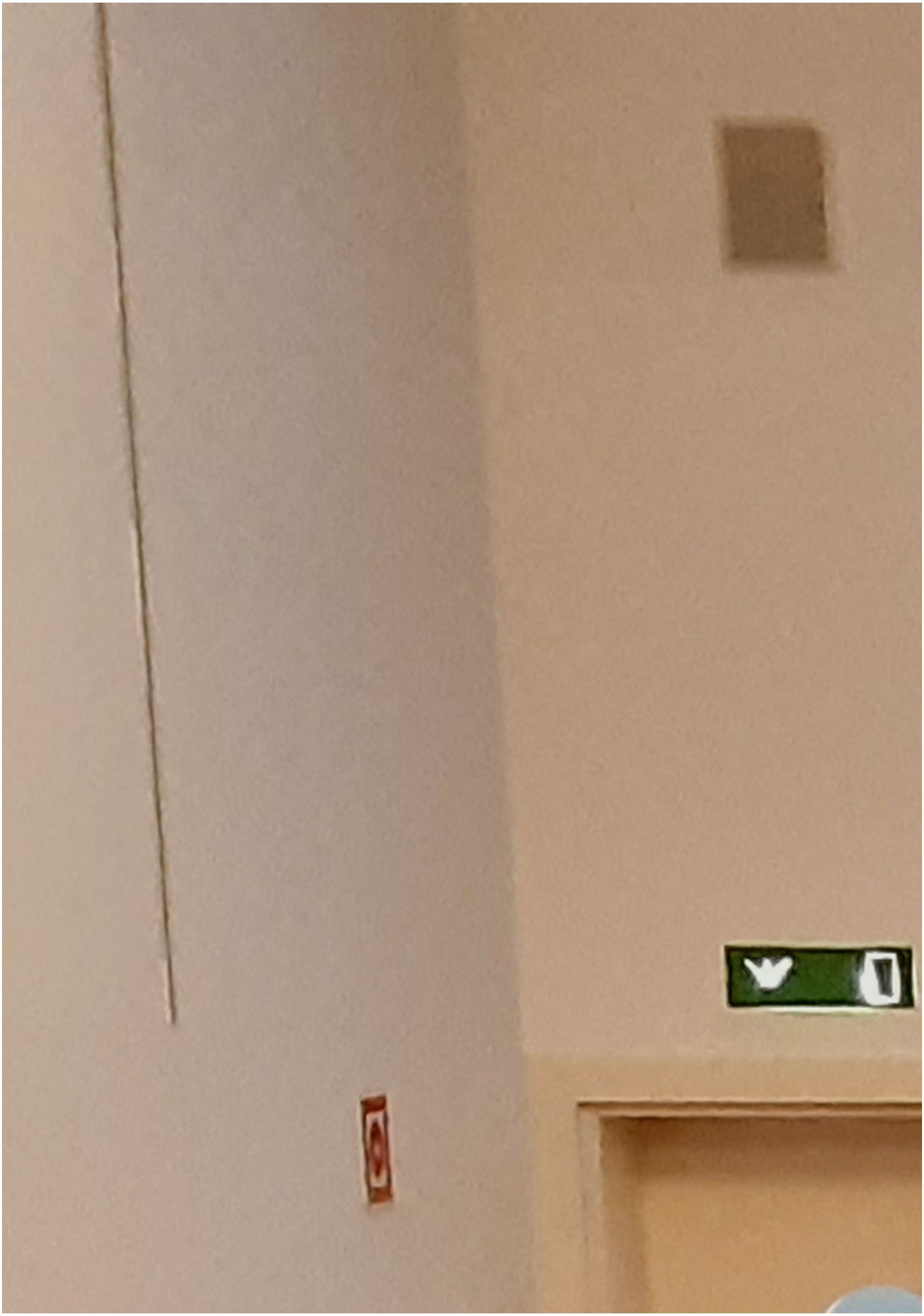
Divendres 11 de novembre, es van dur a terme les Jornades INNSOC, en la seva 8ê edició, que després de dos anys tornaven al format presencial. Aquest any el tema ha estat "El Benestar emocional: des d'una perspectiva interdisciplinaria".

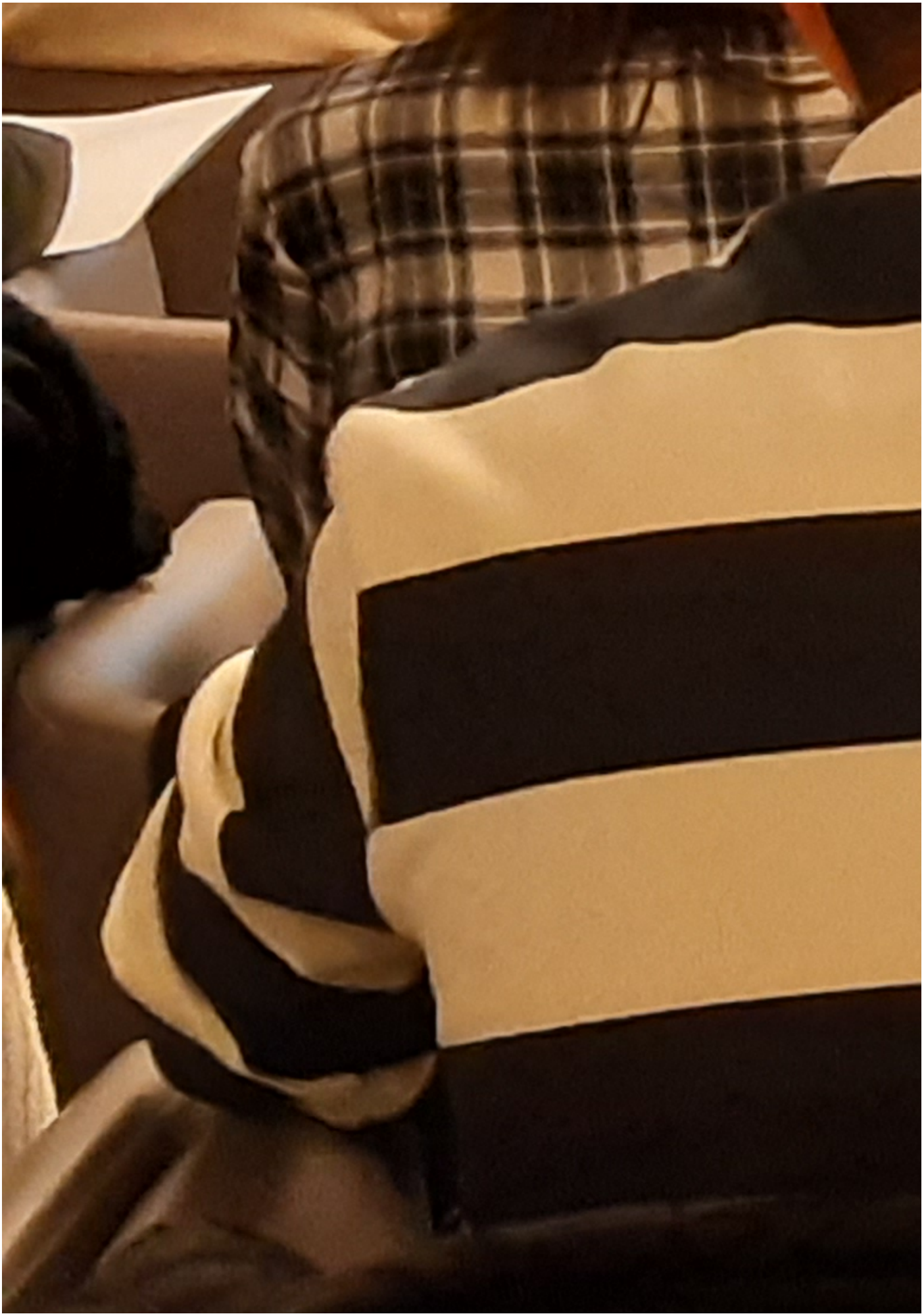
Què es el benestar emocional? i com acompanyar-nos en per poder potenciar-lo, han estat els eixos de la Jornada, que ha comptat amb ponències del Dr. Toni Calvo, la Sra. Magda Casamitjana, i les aportacions dels Departaments de Drets Socials, Salut i Educació de la Generalitat de Catalunya.

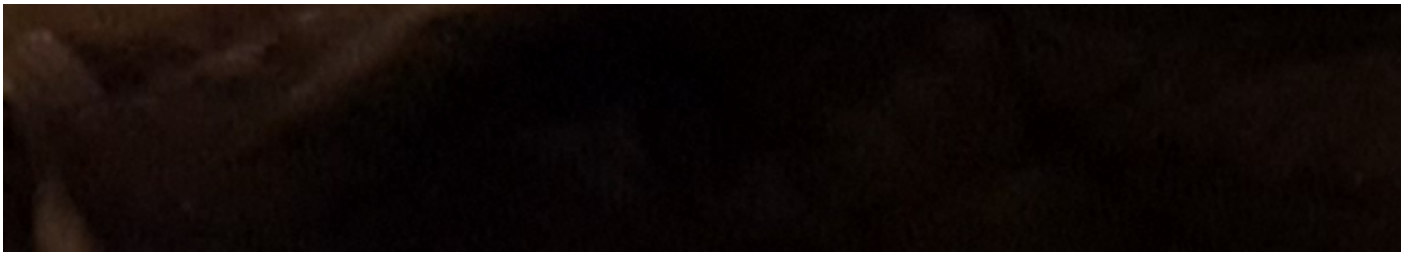


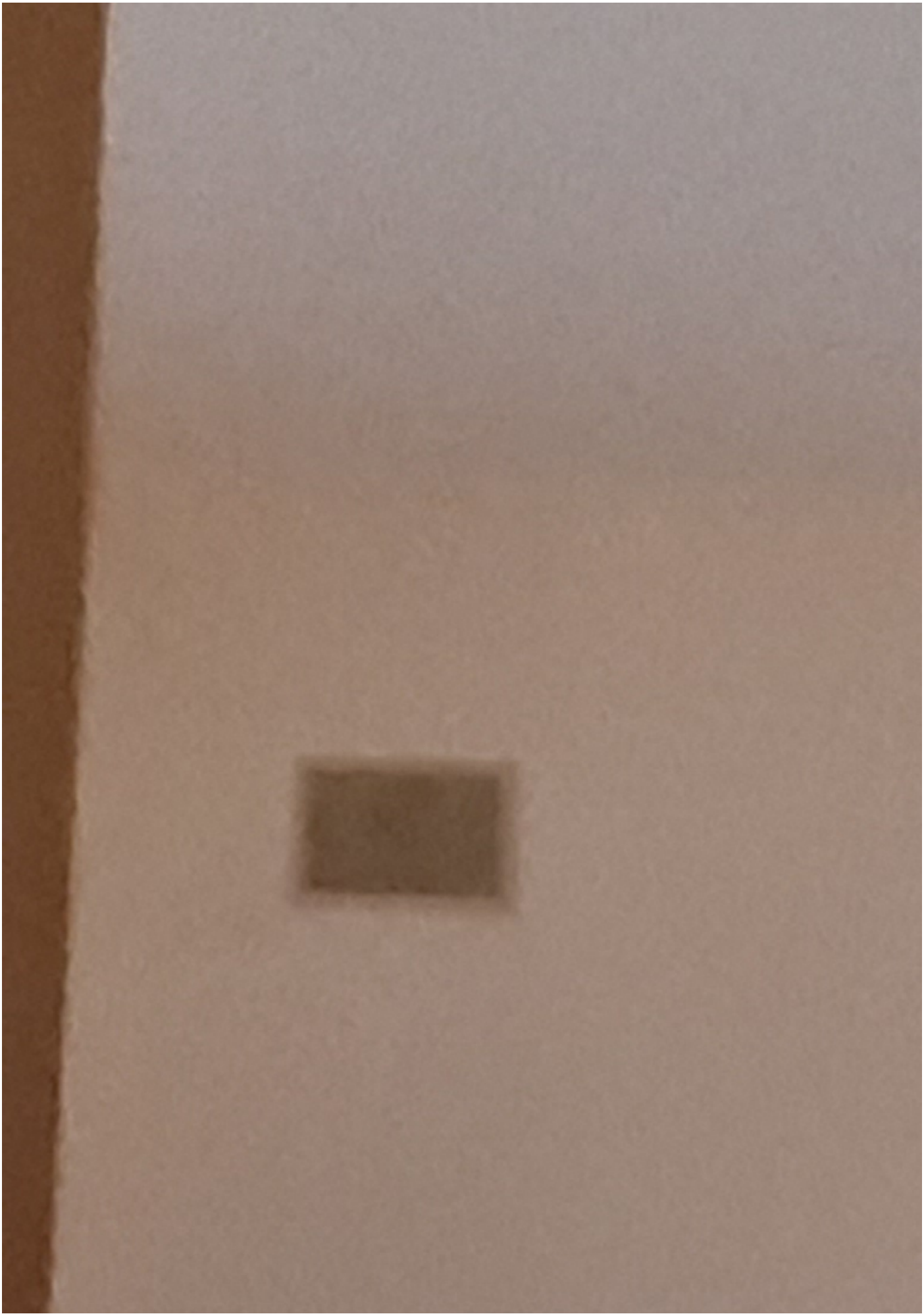


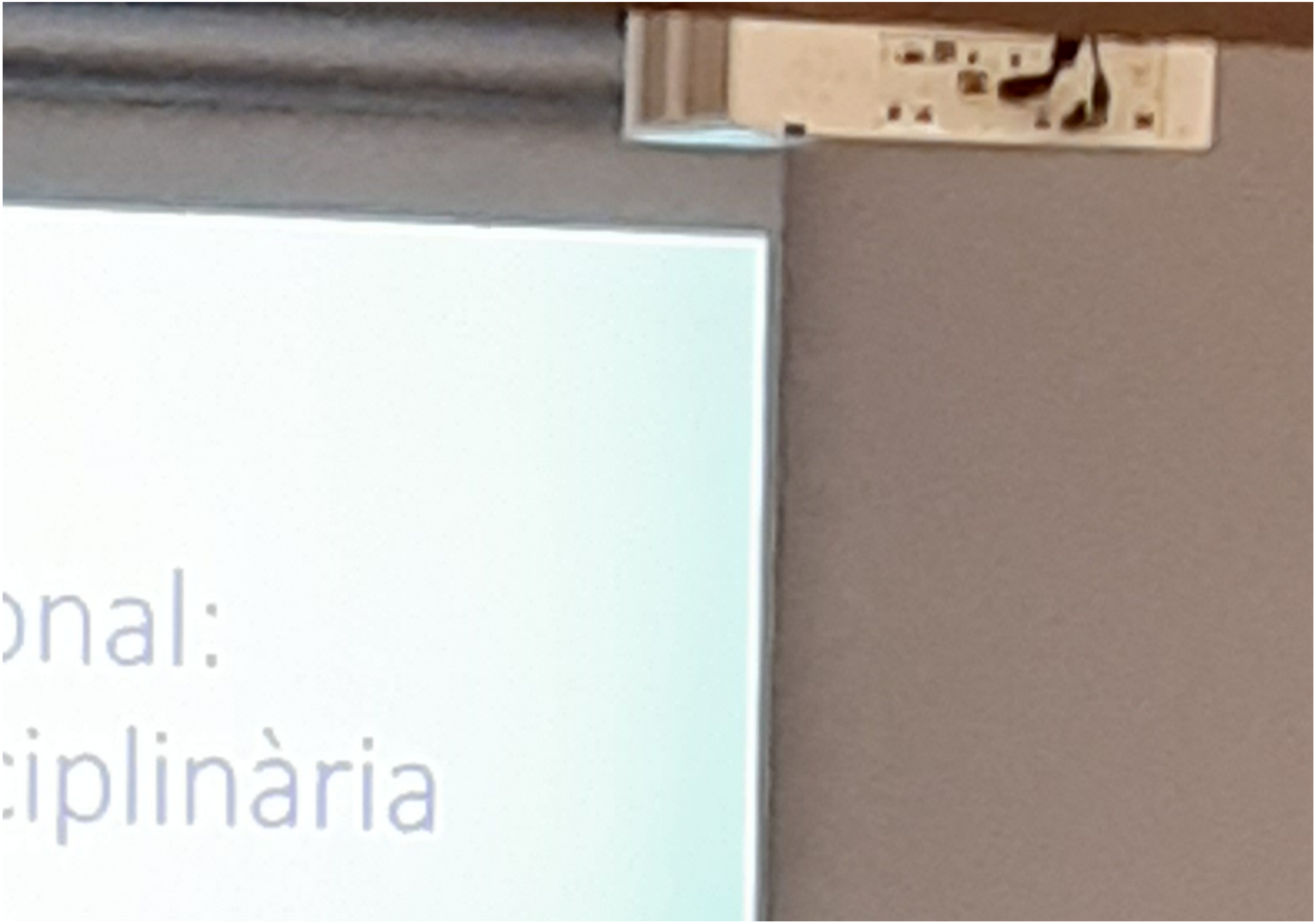








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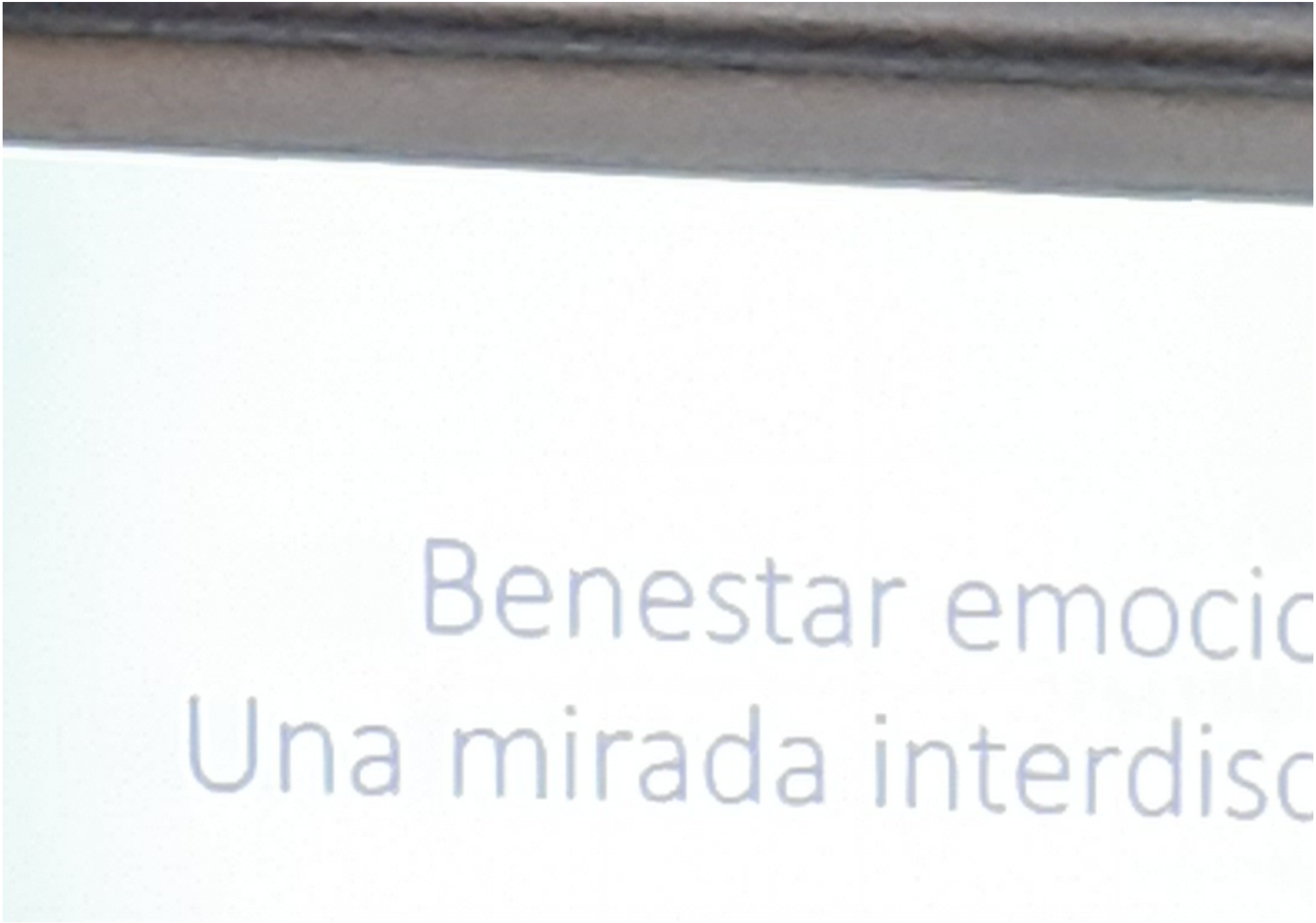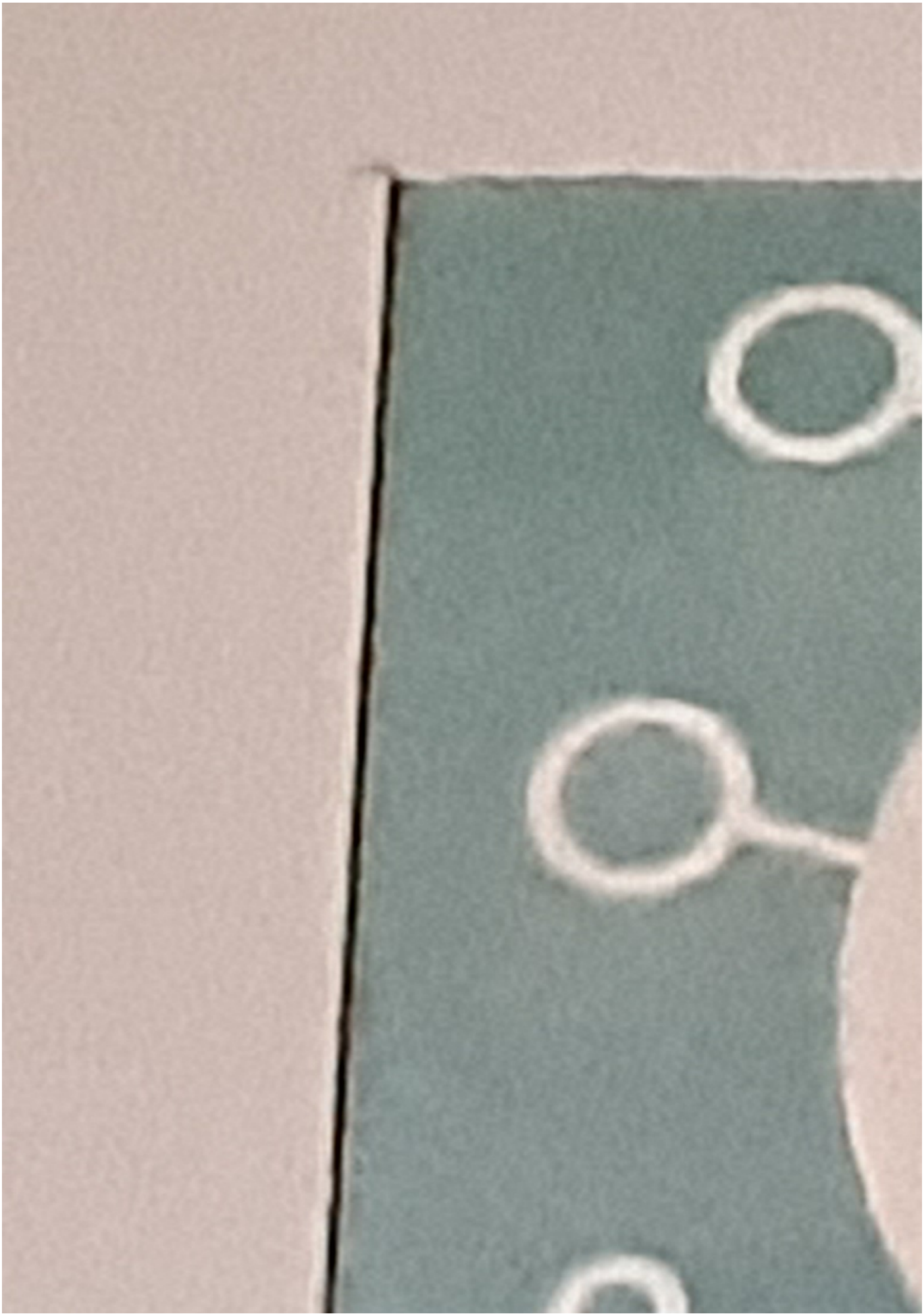
Benestar emocio
Una mirada interdisc