

UNAI MEMBER ACTIVITY REPORT 2016/2017

UniGalileo University

Italy

During the 2016/2017 reporting period, UniGalileo University undertook a number of activities that underscore its commitment to UNAI and its principles. The following examples stand out as particularly noteworthy:

In the past Year, UniGalileo created the project "Percorso Salute UniGalileo" (UniGalileo Health Path). It consisted in a series of 7 workshops focused on physical and psychological health and well-being:

- 1) Stop Anxiety and Panic;
- 2) Obsession and Phobia: Control Your Mind;
- 3) Love Addiction;
- 4) Mood and Depression;
- 5) Understanding the Body;
- 6) Nutritional Education;
- 7) Self-Coaching.



The courses can be described as a capacity building program against some of the most common psychological and physical problems and their low cost allows the poorer to access psychological and nutritional education.

Link: <https://www.unigalileo.com>