

# HEALTH DAYS AND WELL-BEING ACTIVITIES

## Tailored Preventive Health Activities for You

### Group activity



### Workshops, discussions, lectures (1-2 hours)

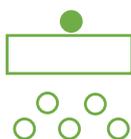
#### physical health

healthy snacks  
psychosomatics  
disease prevention  
nutrition, catering  
exercise, sport, fitness  
ergonomics, physio  
sauna, hardening  
first aid

#### mental well-being

work-life balance  
stress relief techniques  
positive thinking  
burnout syndrome  
meditation and relaxation  
digital Well-Being

### Interactive stand



prevention of cardiovascular diseases  
prevention of breast and testicular cancer  
pressure measurement  
dental hygiene  
stop smoking  
educational stand with unhealthy food  
example of using AED  
Information stand of the health insurance company

### Individual measurement and consultation



### Expert individual advice

#### (15-20 min./person)

dermatology  
optometry  
body composition and BMI  
pressure measurement  
physio-counselling  
podiatry  
diagnosis of hyperacidity  
measurement of vitamins  
and minerals

#### (30 min./person)

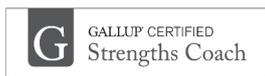
psychotherapy  
coaching  
nutrition  
physio

#### Massages (15-60 min./person)

# CLOUD 9 INSTITUTE

We specialize in supporting mental resilience and physical health. We provide well-being activities for companies and individuals.

Our mission is to make people as satisfied as possible in their lives. All our activities are aimed at fulfilling this mission: seminars, coaching and comprehensive programs.



“We have been working with Cloud 9 Institute on a well-being program for our employees for several years. Since we plan this program for the whole year in advance, we need to have an overview of what activities can be offered to our employees. Cloud 9 Institute has an extensive catalogue, and they are always producing new tips and ideas. Before each activity, there is perfect preparation, both promotional and organizational. They can add refreshing parts of the program as themed prize competitions. We will certainly be happy to continue our cooperation.”

**Petra Nesvadbova**  
HR Manager, Atlas Copco



## Contact person

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