



Wellness Lectures 2024

	Duration	Price/Group
MEANT FOR MOVEMENT <ul style="list-style-type: none">- Healthy body and mind- Boost your brain with physical activity- What starts and keeps you exercising	60 min	350 €
BE WELL <ul style="list-style-type: none">- The wellness puzzle- The power of daily choices- Recovery, physical activity and nutrition - is it that easy?	60 min	350 €
DON'T STRESS <ul style="list-style-type: none">- What is stress? How to avoid it- Stressregulation and recovery	60 min	350 €

Lecturer Lotta Saarelainen (languages: Finnish, Swedish)
Physioterapist, PhysioTrainer, Nutrition coach and Sleep coach

The prices include VAT and are valid from Monday to Saturday.
On Sundays and public holidays +20% price increase.
We reserve the right to make changes.