



Let's experience a day full of knowledge, inspiration and fun - at our Health Day for all PariKita employees.

On 24 June 2024, everything will revolve around the art of transforming stress into positive energy. Because let's face it, stress is a part of life that we have to learn to deal with.

We would like to give you the opportunity to think about your health with a variety of stimuli.

Put together your own personal health day from our programme with one or two courses, possibly a health check and an interesting visit to our 'marketplace'.

<p>From 8.30 a.m.</p>	<ul style="list-style-type: none"> • Arrival and orientation: • Register in the list of participants • Name tag labelling • Coffee, tea and snack
<p>From 9:00 a.m. until 10:45 a.m</p>	<ul style="list-style-type: none"> • Welcome and opening • Keynote with Katharina Erhardt: • Flourish instead of burn out. Impulses from positive psychology for a successful (working) life • Moving break in the hall
<p>10:45 - 15:30 a.m.</p>	<p>Free time allocation for one or two workshops, health checks, exchange and information as well as lunch and breaks. (Sliding lunch break from 12:00 to 14:00)</p>
<p>15:30 - 16:00 Uhr</p>	<ul style="list-style-type: none"> • 'Come Together' - Drawing of the winners of the 'Healthy Habbits' challenge and joint percussion at the end • Departure of the buses



The following courses, workshops and lectures will be offered in the conference rooms of the Meistersingerhalle:

- Strengthening relationships - creating trust, Katharina Ehrhardt
- Feldenkrais with children - Karin Berger
- Healthy sleep - training moment
- Long Covid - Prof Dr Wallner from Nuremberg Hospital
- 'Get up on the right foot' - start the day well! - Sibylle Weiler
- Motivation - how to like when you don't like - Konrad Schindler
- Mastering the exam with motivation and without fear for trainees - Konrad Schindler
- Self-care as mindful contact with oneself - Stefan Paetzholdt-Hofner
- 'Voice support' for our teachers as frequent speakers - Hayo Keckeis
- Arguing is healthy! - Karl-Heinz Bittl-Weiler
- Zapchen somatics - Irene Willluweit
- Time and self-management - Marion Putzer

Indoor & outdoor exercise programmes:

- Pelvic floor training, Pilates, yoga, stretch & relax
- Greek dances - Omer Chousein and Paraskevi Roussou
- Strong back - The training moment
- Shoulders, neck and jaw relaxed with conscious breathing - Elke Rosenzweig
- Bouldering in E4
- Climbing up the rope - Bambule
- Forest bathing at the Valznerweiher pond
- XCO walking and Nordic walking in Luitpoldhain right next to the Meistersingerhalle

Check-ups & measurements

And much more....



On our marketplace in the foyer and in the outdoor area of the Meistersingerhalle you will find a colourful mixture of diverse offers:

- Hearing aid acoustics Seifert
- Hearing protection manufacture (still open?)
- Org-Delta (educator chairs and much more)
- Bavarian Cancer Society
- Book table of the Jakob bookshop
- Sarah Wiener Foundation (For children - I can cook)
- KISS Mittelfranken - self-help group
- Pension insurance - prevention and rehabilitation
- Mobil Krankenkasse stand
- PariKita stand

We have also prepared exciting hands-on activities for you, which you can take part in at any time without registering:

- Blaze Pods Challenge
- Mental Health Parcours
- Smoothie bike - delicious smoothie recipes for young and old

Online presentations by Mobil Krankenkasse on the following topics:

- Mental health problems in children (no registration required):
- Media use in children
- Promoting development through exercise
- Sleep in babies and toddlers
- Learning difficulties in children

You can find more information about the Health Day at:

https://www.parikita.de/de/Gesundheitstag_2024.php

(This link cannot be found via the normal navigation, but must be entered).

We look forward to a varied and enjoyable day with you!

Your planning group for the PariKita Health Day



Einladung

24.06.2024
GESUNDHEITSTAG

Bustransfer
von
München
und
Regensburg

Für Sie:
Indoorangebote
wie Yoga, Tanzen,
Gesang, Zeit-
management
u.v. m.

**Markt-
platz**
Hörakustik,
Büchertisch,
RV Fit,....

Infos
parikita.de

**Eveno
Anmeldung**
ab 06.05.-23.05.2024

Outdoor
Waldbaden,
Klettern,
Bouldern oder
Nordic Walking

**Kurse zur
Stärkung
der
Gesundheit
von
Kindern**

Check-Ups:
Wirbelsäulen-
screening,
Cardioscan
Körperzusammen-
setzungs-
Messung

WO:
Meistersinger-
halle in Nürnberg
von
09:00 bis
16:00 Uhr

gefördert durch die

mit freundlicher
Unterstützung der