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SIEMENS

PREVENTION AT THE WORKPLACE

Health Talks and Workshops

intranet.siemens.com/health-promotion

You would like to book a **Health Talk or Workshop** or have further questions, we are happy to help you:

Email

hp.mch.ehs@siemens.com

Further information

intranet.siemens.com/health-promotion



Health Talks and Workshops

Our Health Talks will inform you about various health topics. We set new motivation impulses with the goal to inspire you for health, exercise and nutrition.

Our experts attach great importance to a practical and implementation-oriented design.



In addition, we offer Health & Safety Days. These are digital or local project days which are organized and carried out by the health working groups.

The lectures and workshops are complemented by short practical sessions suitable for everyday use.



Prevention at the workplace

Content examples in theory and practice

- Exercise
- Healthy nutrition
- Ergonomics (in the office and during mobile working)
- Healthy working environment
- Latest (health) trends
- Safety
- Implementation management: Integration of healthy behaviors into everyday life

Key facts

- Target group: All Siemens AG employees and associated companies
- Location: meeting room on site or virtually via MS Teams
- Costs: on request
- Paid by: departmental cost center

