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PREVENTION AT THE WORKPLACE

Health Promotion Offers

intranet.siemens.com/health-promotion

If you want to book a
Health Promotion offer
for your department or
have any questions, please
do not hesitate to contact
us:

Email

hp.mch.ehs@siemens.com

Further information

intranet.siemens.com/health-promotion



Examples of Previous Health Promotion Offers

Our Health Promotion Team offers various products on the topics of physical activity, healthy nutrition and health. In order to give you an insight into our portfolio have a look at some of our previous offers:



Active Breaks

- [Active Break](#)

Health Talks on the Topic of Healthy Nutrition

- [Online Presentation „5+1 Nutrition Rules](#)
- [Online Presentation “Intuitive and Enjoyable Nutrition”](#)
- [Online Presentation “Intermittent Fasting”](#)
- [Talk Session “Running for the soul”](#)

Podcasts

- [Podcast Nudging](#)
- [Podcast PMR Relaxation for Your Eyes](#)



Prevention at the Workplace

Workplace Program „Healthy and Fit at the Workplace“

- [G.A.P. at the Production Plant in Allach](#)

Mental Health Week

- [November 14–18, 2022, Germany](#)

Yammer Groups

- [Health Promotion Munich](#)
- [Lauf-Challenge \(Running Challenge\)](#)
- [B2Run](#)
- [Lauf10! \(Run Your First 10k\)](#)

