



Good Life

Life - c h a n g i n g

S | Health
E | Wellness
N | Beauty
T | Culture
E | Life-style



Contents

Four Seasons, Four Editions

Health & Nutrition

Mobility & Fitness

Artistic Expression

Urban Landscape Tours

Breast Cancer Awareness

Culinary Experiences

Beauty and Care

Specialty Coffee Tasting

Tea Enthusiasm

Good Life – Seasonal Wellness Programme

We live in a world of continuous changes and challenges both on a professional and personal levels. Between work and home, we often seem to be on a rollercoaster, prioritizing jobs, duties and responsibilities over our personal wellbeing.

It is common knowledge that workplace wellness programmes are associated with numerous benefits for the employee as well as the employer. However, we believe that wellness should also take place outside the workplace. Wellness should be a lifestyle, not just an employee benefit programme. Our wellness means daily conscious choices based on an integrative approach to our life leading to inherent behaviour patterning of our routine.



We are continuously innovating our employee wellbeing programme. The result is this wellness programme tailored for the individual needs of your company with a focus on life-style improvement and looking to offer worthwhile experiences. The programme has an integrative approach, in the sense that it offers various alternatives which lead to a more balanced, healthy and overall beneficial lifestyle.

The innovative element of the programme is the focus on local activities which employees are able to access after the programme had ended. In this way, they will be able to improve their overall lifestyle AT and AFTER work.

Health & Nutrition. Episode 1.

Sebastian Catană

Meta Sana TM



The World Health Organization charter states: "Health lies at the heart of peoples' peace," and "Health does not just mean the absence of disease."
Modern science has given us the explanation, making the obvious link between health, nutrition, habits and the overall quality of life.

My goal is to create easy access to this information and raise the level of individual awareness in this regard.

Collaborations: Novalife Clinics Timisoara, Genetx.eu, Smart Fit, Zenyth Pharmaceuticals Romania, General Mentor Timisoara

Workshop

NUTRITION OVERVIEW

1. "Facebook says..." the difference between opinion and information
2. Should I care about what I eat? The relationship between food and diseases
3. What should my plate look like?
4. Food for an office life-style
5. "Blitz workshop": Individual calories calculations

Giveaways

Printed materials with relevant info
Voucher for nutritional consulting services
Voucher for Genetx.eu - Last generation genetic testing (USA)
Healthy snack samples.

Mobility & Fitness. Episode 1.

Ioana Bragaru

Neuromiofascial Training Specialist

Ioana Brăgaru became an aerobic fitness instructor accredited in Romania in 2010. She is a group class instructor, personal instructor and trainer for prospective instructors.

She also specializes in the Pilates, Postural, Neuro-Mio-Fascial (nerve, fascial, and muscular) segments.

All these techniques put together in tailored training sessions make the perfect option for real and immediate benefits to health, posture, and psyche.

Her personal motto is: "We EDUCATE, not just train."



Workshop

FULL BODY STRETCHING

Learning basic moves to relax your body after intense working hours at the office.

One hour of body exercises in your office outfit accompanied with kineto tips & tricks to introduce in your daily routine.

Giveaways

Kineto massage balls for all participants

Coffee & Tea Enthusiasm

Cărturești

-

Tea & books are a perfect match, with a variety of spices and flavours, Carturesti Teahouse is an oasis of inspiration for each book lover



Workshop

COFFEE & TEA TASTING

We offer the culture of specialty coffee and tea tasters , with a workshop and tasting session of our favorite morning drinks.

Giveaways

TeaTime Vouchers @Cărturești

Artistic Expression

Livia Mateiaş

artouching



A free spirit, Livia Mateiaş is a visual artist and the co-founder of artouching studio.

She organizes creative workshops and art therapy classes for adults, children and people with special needs.

Beyond art, she is interested in the harmony between humans and the environment.

For participant's relaxation she uses introspection and for ecology matters she uses creative recycling in her workshops.

Workshop

PAINTING WORKSHOP:

Livia Mateiaş invites you to connect with your inner harmony by introspection, using colour, creativity and art as a therapeutic method.

RECYCLING WORKSHOP:

Recycling plastic containers which will be transformed into hand-painted pots and decorated with coloured mosses.

Giveaways

Exhibition showcasing the paintings and the arrangements made by participants in the company.

Participants keep the paintings and the arrangements made in the workshop.

Health & Nutrition. Episode 2.

Sebastian Catană

Meta Sana TM



The World Health Organization charter states: "Health lies at the heart of peoples' peace," and "Health does not just mean the absence of disease."
Modern science has given us the explanation, making the obvious link between health, nutrition, habits and the overall quality of life.

My goal is to create easy access to this information and raise the level of individual awareness in this regard.

Colaborations: Novalife Clinics Timisoara, Genetx.eu, Smart Fit, Zenyth Pharmaceuticals Romania, General Mentor Timisoara

Workshop

SMOOTHIE YOUR DAY FOR FRUITFUL WORK

It is known that "an apple a day keeps the doctor away".
However, "British researchers" have reformulated the saying for this century: "a smoothie a day, makes the day better".
In this workshop we talk about the nutritional benefits of fruits and vegetables and what is best to be eaten in each season.

Giveaways

Fresh and natural smoothies all participants.

Urban Landscape Tours

TBC

Tur de arhitectura



"Tur de arhitectură" offers a set of architecture-guided tours for the general public with the aim of better understanding the architecture and the environment, while pursuing the promotion of local material and immaterial heritage, stimulating interest, reflecting and involving citizens in conscious and assumed use of the local urban landscape.

Workshop

CULTOUR ON BICYCLES

Summer is for outdoor activities, especially for sportsmen. We offer both a bicycle ride and a cultural tour of Timișoara's alleys and alongside the Bega river banks with an architectural guide.

Giveaways

Bicycle accessories

Breast Cancer Awareness & Detection

Ciotea Mihaela

MOVING ON



More than 8,500 women are diagnosed annually with breast cancer in Romania, of which more than half lose their lives. However, authorities have not been able so far to include the financial, human and logistical resources needed to implement a National Breast Screening Programme.

As founder of the Moving On Breast Cancer Association, Mihaela believes we have the responsibility and the moral duty to create a safer world for women vulnerable to breast cancer in our country.

Workshop

BREAST SELF-CARE

Through the "Breast Health Education Program" (PESS) we facilitate women's access to important information on early breast cancer screening methods (autopalpation, ultrasound and mammography) aimed at increasing the quality of life and extending it. Breast cancer detected at an early stage increases survival chances by up to 95

Giveaways

Cosmetics & Care: Avene, Cupio

Mobility & Fitness. Episode 2.

Ioana Brăgaru

Neuromiofascial Training Specialist

Ioana Bragaru became an aerobic fitness instructor accredited in Romania since 2010. She is a group class instructor, personal instructor and trainer for prospective instructors.

She also specializes in the Pilates, Postural, Neuro-Mio-Fascial (Nerve, Fascial, and Muscular) segments.

All these techniques put together in tailored trainings are the perfect option for real and immediate benefits to health, posture, and psyche.

Her personal motto is: "We EDUCATE, not just train."



Workshop

PILATES ESSENTIALS

One beginner pilates class with professional health explanations held in your office area

Giveaways

Free entrance offered at the raffle Vouchers at IrisFit Studio

Culinary Experiences

Răzvana Popa

Gardene



The concept behind our meals promotes and supports the right nutrition, encourages the trends of a healthy lifestyle and is developed around the idea of FRESH FOOD.

The ingredients, the recipes, the way of cooking, the approach of those who share the healthy culinary habits place us close to the soul of the people.

Gardene proves that a healthy meal can be tasty, attractive, rich in nutrients and the necessary portion even for food-lovers. It also proves in the most natural way the diversity of options and puts on the tray comprehensive daily recommendations. .

Workshop

COOKING SESSION

Whether we live to eat or eat to live, food is an important aspect of our lives. We offer an informal cooking session with local suppliers to learn how to cook a fast & healthy meal with the best ingredients for each season.

Giveaways

vouchers @ Gardene
Cooking receipes

Beauty & Care

Karla Vas

Hairpond

Karla Vas is a make-up artist, cosmetologist and trainer. She also embraces aromatherapy, virtual mesotherapy, natural makeup, and an overall balanced lifestyle.

Five years ago she opened Hairpond Salon with her husband Andrei Vas. A friendly space where their services are relaxing, professional and personalized according to the client's condition.



Workshop

SKIN & HAIR CARE (UNISEX ORIENTED)

1. Cosmetics with skin care tips for winter season.
2. Automake-up
3. Hair styling & care

Giveaways

Cosmetic products samples
Vouchers @Hairpond

Coffee Tasting

Roxana Greucean

Ovride

Roxana & Emi Greucean are the founders of Ovride Specialty Coffee, a place for coffee lovers with espresso based recipes, alternative methods, hot drinks and coffee from reputable roasters.



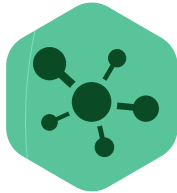
Workshop

COFFEE TASTING

In our last seasonal meeting we offer the culture of specialty coffee tasting ,with a workshop and tasting session of our favorite morning drinks.

Giveaways

CoffeeTime Vouchers @Ovride



Good Life
Life - changing