

WEBINAR "SURVIVAL GUIDE TO REMOTE WORKING"

To stay healthy and energized during the day, while working at home is not easy. Perhaps you can use inspiration and information about how to approach this. Various themes will pass, such as home ergonomics, stress & computer work and ways to tackle the lack of exercise!



After the webinar, attendees will be able to set up their own home workplace ergonomically, they can make an "exercise plan" for themselves and they have insight in the way stress affects physical and mental health.

After the webinar you can sign in for our app with exercises, like energy boosts, relaxation exercises and more!

The interactive webinar takes 1 ½ hour.

For groups of up to 10 employees (Dutch or English speaking)



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