



HEALTH & SAFETY DAY '15

Kirchgemeindehaus Neumünster
Seefeldstrasse 91, 8008 Zürich
14th March 2015

Program (changes are not envisaged but might occur)

8:15h Start Registration

8:45h Welcome Note

Health

9:00h Anxiety and Parenting
Raluca Babota, Psychologist

10:00h Neuromotor Maturity - Readiness for Education
Bernhard Prechter, Pädagogische Praxis

11:00h The Potential of Osteopathy
Brigitte van Dulmen, Osteopathie Zug

12:00h *Individual Lunch Break*

Nutrition

13:00h Weight Loss Through Our Genes
Mirkka Schaller, Swiss Health Coach

14:00h Detoxification - Maximise Your Body's Efficiency
Claudette Lucien, Your Nutrition Balance

15:00h When "Loosing It" is Actually a Good Thing
Marlies Hazelaar, Weight-Life Balance

16:00h *Closing Aperero*

My Energy

Sleep and Performance
Dr. Helena Shang Meier, Seeklinik Brunnen

Reconnect to Your Inner Power
Gaby Aschwanden, The Yoga Page

Chinese Medicine - Activating Energy & Improving Health
Stephan & Kim Zimmermann-Chan, TCM Chan

Safety

Raising Media-Savvy Children and Young Adults
Patric Raemy, Pro Juventute

Stay Safe in the Swiss Mountains
Judit Józsa, FamilySafety GmbH

How to Defend Yourself
Stefan Labas, Labas Results AG

Childcare: Provided throughout the day for families with small children

Infos & Tickets: Book now online to reserve your seat, <http://www.healthsafetyday.ch/>