



HEALTH & SAFETY DAY '17

Volkshaus, Stauffacherstrasse 60, 8004 Zürich

11th March 2017

Programme Information will be continuously updated

8:15h Start Registration

8:45h Welcome Note

Health

9:00h Secrets Your Dentist Won't Share With You
Dr. Gary Bonsall, dental surgeon

10:00h Tick Season Ahead
Luitgard Holzleg, medical doctor

11:00h Stress & Mindfulness
Ela Amarie, psychologist, MBSR teacher

12:00h *Individual Lunch Break*

Nutrition

13:00h Happy Gut, Happy You
Marlies Hazelaar, certified nutritionist

14:00h Sugar
Andrina Tisi, health coach & yoga teacher

15:00h

Sandra Mikhail, Bachelor of Nutrition & Dietetics, MAS in Nutrition & Health, Accredited Practising Dietitian/Accredited Nutritionist

16:00h *Closing Aperò*

My Energy

Retrain your Brain with NLP
Sukhi Boparai

EFT Tapping Workshop
Karin Hagelin Andersson, Life Crisis Coach, Reiki Master

Sexological Body Work
Didi Diethold

Safety

Mountain Safety
Ich Liebe Berge

Home Safety & Emergency Plan
Judit Jozsa, FamilySafety

Self-defense wisdom: Empowering Women to Play Bigger in their Work and in their Lives

Hélène Tessiot, Pallas self-defense teacher for women, children and victims of violences, certified in post-trauma debriefing