

Improve your colleagues' well-being

with Loono interactive training

www.loono.cz/en/companies

loono

loono

We are young doctors, medical students and other professionals. We increase the health literacy of Czechs and motivate them to take responsibility for their health.

We do not scare, we communicate in a simple, clear and positive way.

For 11 years we've been saving lives through prevention.

80 000+
fans

210+
saved lives

160 000+
educated
individuals

Why does the **health of employees** matter?

39 %

Czechs do not regularly go to a practitioner for preventive check-ups.

**690
CZK**

That's how much it costs the company for one hour when an employee is sick.

50 %

The productivity of an employee who doesn't address his illness drops by that much.

25 %

Every fourth Czech is struggling with burnout syndrome.

What to expect?

1. Choose a topic

**Cancer
prevention**

Longevity

**Cardio-
vascular
Health**

**Men's
Health**

**Women's
Health**

2. Who will guide you through the topic

All of our workshops are led by our **team of enthusiastic and experienced medics, nurses and young doctors**. Therefore, whenever you order training from us, you are not only supporting **the mission of Loono**, but you also support a future generation of doctors who perceive prevention as an important part of the healthcare system.



„Imagine a place where people get inspiration and motivation for studies, work and self-care. A place where you meet special people and listen to their stories. A place where you get a lot of knowledge connected with medicine and teamwork. For me, Loono is this place.”

Kieu My Chau, tutor

The background is a solid teal color with large, abstract, white, hand-drawn shapes that resemble stylized letters or calligraphic forms. These shapes are scattered across the top and right sides of the page.

Forms of our educational activities

3. Choose a form

Workshop

possibility of a shortened version

Educational stand

Combination

workshop + stand

Health Days with Loono

Expert Talk

Bespoke prevention



1 Workshops

Are you interested in prevention, healthy lifestyle or mental well-being?
Choose from our 60-90 minute workshops

- **Possibility to involve up to 30 - 80 participants**
- **Workshop topics:**
 - Cancer prevention #boobsandballs
 - Cardiovascular Health #yourheartforlife
 - Women's Health
 - Men's Health
 - Longevity



price from
20 990 CZK
without VAT

The price is valid for 2026.

Cancellation less than 5 days before the training is subject to a cancellation fee of 50% of the agreed amount.

Cancellation less than 10 days before the training is subject to a cancellation fee of 30% of the agreed amount.

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2 Short workshops

Don't have enough time?

The 45-minute format is the choice for you

- Possibility to involve up to 30 - 80 participants
- Topics of short workshops:
 - Healthy breasts
 - Healthy testicles and prostate

price from
14 990 CZK
without VAT



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3 Educational stands

Want to involve more employees?

Order a stand for **3+ hours**

- Suitable for **100+ participants**
- Stand topics:
 - Cancer prevention #boobsandballs
 - Cardiovascular diseases prevention #yourheartforlife



price from
35 990 CZK
without VAT

The price is valid for 2026.

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4 Combination of workshop and stand

Do you want to accommodate all employees?

By combining a workshop and a stand, everyone will find time for the training.

- **The workshop is 90 minutes long, followed by stand for 2 hours**
- **Topics:**
 - Cancer prevention #boobsandballs
 - Cardiovascular diseases prevention #yourheartforlife



price
37 990 CZK
without VAT

The price is valid for 2026.

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5 Expert talk

Want to go more in depth? We will organize a talk with an expert for you

- **The duration of the talk is 60-90 min**
- **We cooperate with TOP experts in the following fields:**
 - Dermatology
 - Mental health
 - Sleep
 - Nutrition
 - Infertility
 - Menopause

The price is valid for 2026.

Cancellation less than 5 days before the training is subject to a cancellation fee of 50% of the agreed amount.

Cancellation less than 10 days before the training is subject to a cancellation fee of 30% of the agreed amount.



price from
38 000 CZK
without VAT

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6 Health Days with Loono

**Individual consultation and education
at your office**

- **Capacity is 30-35 people/day**
- **Choose your specialty:**
 - Dermatology
 - Nutritionist
 - Optometry
 - Physiotherapy
 - Ergonomics



price from
26 500 CZK
without VAT

The price is valid for 2026.

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Health days with Loono fields

Dermatology

Full-body consultation of pigment spots using a dermatoscope

Physiotherapy/ Ergonomics

Individual consultation with physiotherapist
Work environment set up

Nutritional counseling

Measurements on bioelectrical impedance analysis device
Interpretation of results, diet consultation

Optometry

Measurement of visual functions
Visual impairment consultation

7 Bespoke prevention

We will create a tailor-made educational plan for you!

We will prepare engaging content for your channels and internal platforms

- **For example:**

- Newsletter for your employees or clients
- Content for your employee app or Intranet
- Special educational microsite

- **We will accompany this content with our educational activities**



price
individually

The price is valid for 2026.

Cancellation less than 5 days before the training is subject to a cancellation fee of 50% of the agreed amount.

Cancellation less than 10 days before the training is subject to a cancellation fee of 30% of the agreed amount.

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Our **bestseller**

Starting out and not sure how to introduce the topic of prevention to your colleagues?

Choose the **#boobsandballs workshop**

- **2 000+** educated companies
- **90+** tumors detected early 8
- international awards Interactive
- models & discussion



Where we have already **educated**

SEZNAM.CZ

Allianz 

accenture

dentsu



Letiště
Praha


Kooperativa
VIENNA INSURANCE GROUP



Alma
Career.

NOVÝ
SMÍCHOV
★ ★ ★ ★ ★
OBCHODNÍ CENTRUM

O₂



FORM
FACTORY
fitness center




PUBLICIS
GROUPE

Take a look at how our activities help companies

**Watch the video from our
event Breakfast with Loono**



Training that helps **further**

By choosing our workshop for your employees, you will also support **the education of thousands of other Czechs**. We invest part of the funds to create **educational content** for online channels and awareness campaigns. You will support our mission of a world without preventable diseases.

In addition you are helping to **develop a new generation of doctors** who see prevention as an important part of their future clinical practice.

Thank you!



Stories that matter

Be part of our mission. You too can save the **lives** of your colleagues.

6 weeks after attending your workshop, I discovered a small lump inside my right breast. My surgery was successful and the doctors managed to remove it. I thank you from the bottom of my heart, because thanks to you, I discovered the tumor at an early stage. Denisa D.

Denisa, 27 y.o.



Dear miss, two weeks ago, my son touched his #boobsandballs as you call it. He is only 17 and it looks like a malignant tumor. Tomorrow, he is having a surgery. Please, keep inspiring other young people to take care of their bodies. Sincerely, Petr L.

David, 17 y.o.



Hey Míša, on Tuesday, the doctors removed the dermoid and a part of my ovaries. After your workshop in J.Hradec, I went to my Gyno exam (after 2 years)! Thank you <3

Eva, 24 y.o.



Stay in touch



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1 Workshopy a webináře

**Zajímá vás prevence, zdravý životní styl nebo duševní pohoda?
Vyberte si z našich 60-90 minutových workshopů či webinářů**

- **Možnost zapojit až 50 účastníků**
- **Témata workshopů:**
 - Prevence rakoviny #prsakoule
 - Kardiovaskulární zdraví #žiješsrdcem
 - Duševní zdraví #dobrénitro
 - Zdravý životní styl
 - Ženské zdraví
 - Mužské zdraví

cena
21 000 Kč
bez DPH

Cena je platná pro rok 2025.

Zrušení školení méně než 5 dnů před jeho konáním je zpoplatněno storno poplatkem ve výši 50 % z domluvené sumy.

Zrušení méně než 10 dnů před konáním je zpoplatněno storno poplatkem ve výši 30 % z domluvené sumy.

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