

A close-up photograph showing several hands of different people gently touching the pregnant belly of a woman lying down. The woman's belly is the central focus, and the hands are positioned around it, suggesting a supportive or educational activity. The background is blurred, showing other people in the room.

loco

educational activities

Improve your colleagues' well-being with interactive training

About us

We are a team of young doctors, medical students and other professionals, dedicated to increase the health literacy of Czechs and inspire them to take control of their health.

We save lives through prevention.



9

years

150 000+

trained people

90+

human lives
saved

loco

Loono as a leader in health education

- We draw from verified, **evidence-based sources**.
- We **don't give people a fright**. We communicate taboo topics simply, clearly and in a positive way.
- We are a **partner in ESG** non-financial reporting.
- We cooperate with a **number of experts** from the field of medicine and research.
- Our activities and **goals are based on the strategic framework** of the Ministry of Health of the Czech Republic and the European Union. (Zdraví 2030, Healthier Together EU Non-Communicable Diseases Initiative)
- We contribute to the **fulfillment of SDG 3** defined by the United Nations.





Training that helps twice

Thanks to one training at your company, we can organize
2 workshops at schools.

You directly contribute to raising awareness
about health prevention.

„Keep up the great work with the same level of precision, compassion, and dedication! I must commend HR for choosing outstanding trainers who were thoroughly equipped with comprehensive responses to all our questions.

And what about our coworkers? They left feeling enthusiastic, and feedback data showed us 100% satisfaction..

Loono, you surpassed our expectations. Thank you so much, and we look forward to doing this again!"

Tereza Tkáčová
HR Specialist



"As health of our colleagues is of great importance to us, we have been regularly organizing various workshops or examinations with specialists in collaboration with Loono since 2019.

Loono's workshops are highly favored among us because they deliver important information in a practical and engaging manner. The trainers are always ready to answer additional questions and can captivate the audience with their presentations.

If you want to educate your colleagues or employees about prevention and health, Loono is the right choice."

Veronika Brožek
General Manager

C L I F F O R D
C H A N C E

Who will train you

All of our workshops are presented by our team of enthusiastic **medics, nurses and other future professionals**. During their studies, they want to help and teach the public that early prevention and selfcare can actually save many lives.

Therefore, everytime you order a training from us, **you support a future generation of doctors** who perceive prevention as an important part of the healthcare system.



#medicsofloono



*„ Imagine a place where people get inspiration and motivation for studies, work and selfcare.
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. “*

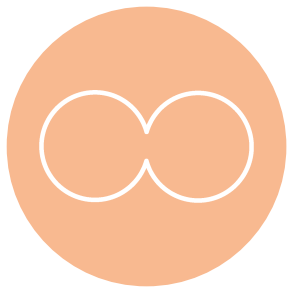
Kieu My Chau



Choose a topic

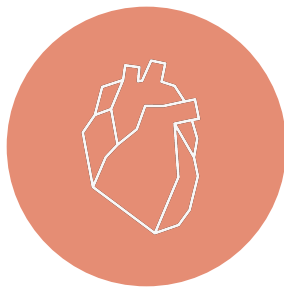
loco

For more info [click on the selected topic](#)



Cancer prevention

#boobsandballs



Heart attack and stroke prevention

#yourheartforlife



Mental health

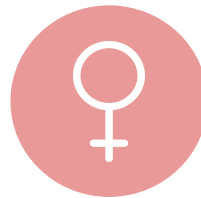
#feelinggood



Men's health



First aid



Women's health



Healthy lifestyle



Choose a method

loco

Workshops and webinars

Workshop is ideal for team building events, Health Days or regular educational activities for **up to 30 participants**.

During the **60 minute training**, Loono lecturers will guide you through the world of prevention and the selected topic.

You will learn how to recognize a certain disease and which specialist to go to if you notice any symptoms in yourself or someone close to you.

Help needed?
Contact
Gabi

price starts at
18 000 CZK
VAT excluded



The price list is valid for the year 2023.

Cancellation of the workshop less than 5 days before the event is charged with a 50 % cancellation fee.

Cancellation of the workshop less than 10 days before the event is charged with a 30 % cancellation fee.

www.loono.cz/en | Saving lives via prevention.



Short workshop or webinar

In a short **45 minute workshop or webinar**, we focus on one of your chosen topics:

- All about breasts
- All about testicles
- Diabetes
- Healthy skin
- Healthy gut
- Cavity
- Burn-out syndrome
- Addictions



price
10 000 CZK
VAT excluded

The price list is valid for the year 2023.

Cancellation of the workshop less than 5 days before the event is charged with a 50 % cancellation fee.

Cancellation of the workshop less than 10 days before the event is charged with a 30 % cancellation fee.

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Educational stand

The educational stand is especially suitable for Health Days, Christmas parties or team building events. Our trainers have the ability to **educate over 100 individuals at the booth within an hour.**

You can choose from the following topics:

- Cancer prevention
- Heart attack and stroke prevention
- Reproductive health
- Mental health
- First aid



price starts at
30 000 CZK
VAT excluded

The price list is valid for the year 2023.
Cancellation of the workshop less than 5 days before the event is charged with a 50 % cancellation fee.
Cancellation of the workshop less than 10 days before the event is charged with a 30 % cancellation fee.

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A discussion with an expert

If you want to learn more about a specific medical topic, a **60 minute discussion** with an expert is your fit!

Up to 50 people can take part in one discussion. The discussion can be organized offline or online.

You can choose discussion on **various topics**, there are no limits to imagination. Popular topics include mammalogy, psychosomatics or nutritional counseling.



Price
35 000 CZK
VAT excluded

The price list is valid for the year 2023.
Cancellation of the workshop less than 14 days before the event is charged with a 70 % cancellation fee.
Cancellation of the workshop less than 30 days before the event is charged with a 50 % cancellation fee.

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E-learning course Prevention

Set of **5 online courses** includes animated videos, podcasts, infographics or a short quiz at the end.

You and your colleagues can learn about, for example, burnout prevention, early cancer symptoms detection or keeping normal blood pressure through educational online site Digiskills.cz.



Loono's founder **MUDr. Kateřina Šedová (Vacková)** will guide you through the e-learning videos. The course's contents are supervised by **The First Faculty of Medicine, Charles University**.

Online kurzy



Zdravé srdce, bystrý mozek a krevní tlak v normě

Infarkt a mozková mrtvice patří mezi nejčastější příčiny úmrtí v České republice i na světě. Je proto velmi důležité umět rozpoznat jejich příznaky, znát rizikové faktory i možnosti, jak těmto onemocněním předcházet.

19 aktivit, cca 1 hodina

Zobrazit



Strašák rakovina. Jak jí předcházet, rozpoznat a léčit

Rakovina je často vnímána jako fatální diagnóza. V mnoha případech však jde v dnešní době efektivně léčit a vyléčit. Klíčové je přijít na ni včas, aby mohla být léčba zahájena co nejdříve.

36 aktivit, cca 1,5 hodiny

Zobrazit



Dobré nitro. Boříme tabu kolem duševních onemocnění

Zdravá mysl je důležitou součástí celkového zdraví, proto potřebuje stejnou pozornost jako naše tělo. Nitro totiž může onemocnět stejně snadno jako naše prsa, koule, hlava nebo srdce.

25 aktivit, cca 1 hodina

Zobrazit



Reprodukční zdraví. Jak na sexuálně přenosná onemocnění a neplodnost

V Česku je hlášeno 2 000 případů pohlavně přenosných onemocnění ročně, celosvětově více než 1 milion. Hlášených druhů pohlavních



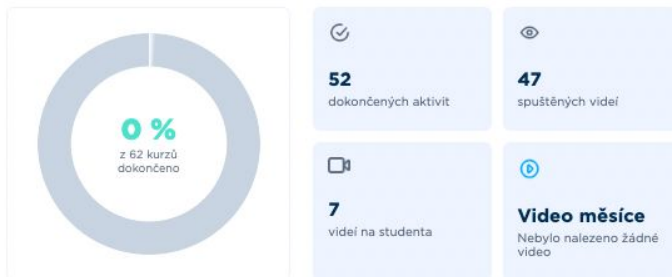
Zuby, plíce i krevní cukr

V této sekci kurzu se zaměříme na zuby, zubní kazy a jejich prevenci. Věnovat se budeme také plicním chorobám, jako jsou astma nebo CHOPN, a kurz uzavřeme cukrovkou.

E-learning course Prevention

Observe your colleagues **studying statistics**, noting the **number of completed activities and the topics that capture their interest**. This information can be used to organize workshops or discussions focused on those specific topics at a later time.

Statistiky studia



TOP 10 studentů

Kristýna Lehečková

dokončené aktivity

52



Customized prevention

Customized individual health and prevention **education plan.**

We combine online and offline education and prepare additional educational content (articles on the intranet, videos, etc.). Together we will come up with a combination of activities that will entertain your colleagues and strengthen their health.

We provide **examinations and consultations directly at the workplace**, for example examination of birthmarks, eye examination, examination of body composition on the InBody device or individual setting of the work area with a physiotherapist.



price starts at
80 000 CZK
VAT excluded

The price list is valid for the year 2023.

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Cancellation of the workshop less than 30 days before the event is charged with a 50 % cancellation fee.

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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.



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



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.



Become a part of our mission.
Help us **save lives**.

Contact us



Gabriela Vondrušová

Business Development

gabriela.vondrusova@loono.cz

+420 605 482 223

Any further questions?

Reach out to Gabi!

Support our mission.



DARUJME.CZ

bit.ly/PodporitLoono



Thank you!

loono

Follow **@loonocz** on social media

