

Improve your colleagues' well-being

with Loono interactive training

www.loono.cz/en/companies

loono



looro

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

150+
saved lives

150 000+
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**

**Cardio-
vascular
health**

**Mental
health**

**Healthy
lifestyle**

**Women's
Health**

**Men's
Health**

**Healthy
skin**

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

Forms of our educational activities

3. Choose a form

Workshop/webinar
possibility of a shortened version

Educational stand

Combination
workshop + stand

Health Days with Loono

Expert Talk

Bespoke prevention



1 Workshops and webinars

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

- **Possibility to involve up to 30 - 80 participants**
- **Workshop topics:**
 - Cancer prevention #boobsandballs
 - Cardiovascular health #yourheartforlife
 - Mental health #feelinggood
 - Healthy lifestyle
 - Women's Health
 - Men's Health

price from
21 000 CZK
without VAT



The price is valid for 2025.

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 / webinars

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 skin
 - Healthy breasts
 - Healthy testicles

price from
12 000 CZK
without VAT



The price is valid for 2025.

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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



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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
38 000 CZK
without VAT

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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:**
 - MUDr. Jana Housková - dermatology
 - Mgr. Markéta Wojtovičová - mental health
 - Mgr. Lucie Urbanová - sleep
 - Mgr. Andrea Mokrejšová - nutrition
 - RNDr. Renata Hüttelová - infertility



The price is valid for 2025.

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

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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 2025.

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Health days with Loono fields

Dermatology

Full-body consultation of pigment spots using a dermatoscope

Nutritional counseling

Measurements on InBody
Interpretation of results, diet consultation

Physiotherapy/ Ergonomics

Individual consultation with physiotherapist
Work environment set up

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**



The price is valid for 2025.

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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


Koopertativa
VIENNA INSURANCE GROUP

 Alma
Career.

NOVÝ
SMÍCHOV
★ ★ ★ ★ ★
OBCHODNÍ CENTRUM

O₂

 FORM
FACTORY
fitness center

PARAPLE
CENTRUM


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!



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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 successfull 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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