Improve your colleagues' well-being

with Loono interactive training



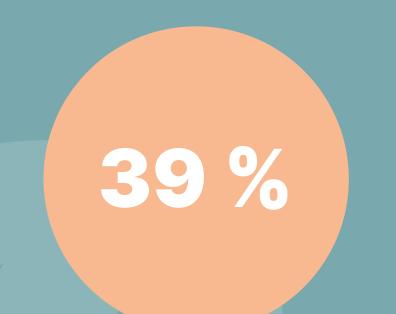


We are young doctors, medical students and other professionals. We increase the health literacy of Czechs and motivate them to take responsibility for their health. We do not scare, we communicate in a simple, clear and positive way.

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



Why does the health of employees matter?



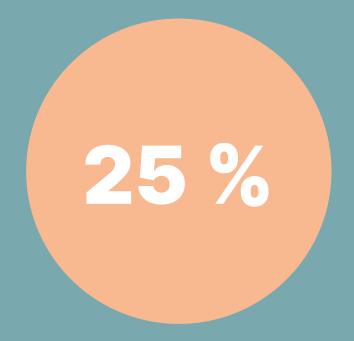
Czechs do not regularly go to a practitioner for preventive check-ups.



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



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



Every fourth Czech is struggling with burnout syndrome.



What to expect?



1. Choose a topic

Cancer prevention

Cardiovascular 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





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 #yourhearthforlife
 - Mental health #feelinggood
 - Healthy lifestyle
 - Women's Health
 - Men's Health





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



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 #yourhearthforlife





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:

The price is valid for 2025.

- Cancer prevention #boobsandballs
- Cardiovascular diseases prevention #yourhearthforlife





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



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





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 InBody
Interpretation of results, diet consultation

Optometry

Measurement of visual functions
Visual impairment consultation



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



Our bestseller

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

Choose the #boobsandballs workshop

- 2000+ educated companies
- 90+ tumors detected early
- 8 international awards
- Interactive models & discussion





Where we have already educated



























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 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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