

Corporate well-being: physical activity impact on employees` performance



ABOUT EVENT

Working since 2018 in the field of treatment and rehabilitation, RaccoonCare team has discovered **a modern social epidemic - sedentary lifestyle and physical inactivity**. Sedentary work is the main cause of a modern employee`s health problems leading to his/her performance decline.

Our speakers will share the found solutions and life hacks on how to support the team in a healthy physical shape and increase work productivity. *Svitlana Malyovana* will demonstrate an application that opens up new horizons of digital well-being and allows to gamify physical activity for your employees.

SPEAKERS



Svitlana Malovana

CEO & Co-founder
of RaccoonCare

4+ years experience of Health Tech
solutions development



Yevgen Onefator, DPT

Head Of Well-being Strategy at
RaccoonCare

11+ years in working
as a PT in US



WHAT WE COVER

- **How** to reduce sick leave costs and increase the productivity of colleagues in workplace by adding just a few exercises;
- **Why** physical health of employees isn't less important than mental and how they are interconnected;
- **Who** is physically active person indeed and why going to the gym is not always an indicator of good physical condition;
- **When** the digitised well-being application can solve the productivity loss;
- **What** myths exists about the back pain as the most common problem among employees;
- **Wow big changes** for the health of employees can be made by simple exercises.



WHO SHOULD VISIT

- HRD and HRs
- Benefits and rewards managers
- Public relations and internal communications managers
- Business owners
- Employers and team leaders



FORMAT

Online Zoom.us or other platform. Open for discussion

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