

# 15 MAY HYPERTENSION DAY

# LUNCH & LEARN HOW TO RELAX

## WHERE?

Parc d'Coque  
2 Rue Léon Hengen 1745  
Luxembourg – Kirchberg

## WHEN?

Monday, 15 May 2017  
From 12.00 to 2.00 p.m.

## HOW?

Come in comfortable  
sportswear and bring a  
yoga mat or a towel

12.15 Pilates

12.30 Sophrology

12.45 Méthode Feldenkrais®

13.00 Yoga & Meditation

Take your blood pressure before & after!

FEEL THE  
DIFFERENCE!!

OPEN AIR INTRODUCTION TO  
**RELAXATION & MEDITATION**  
TECHNIQUES TO KEEP  
**HYPERTENSION AWAY AND**  
ENHANCE YOUR HEALTH!

- > Healthy lunch box offered to participants > Workshops animated by professionals in Fr/Eng/Ger/Lux
- > Information booth on hypertension and cardiovascular diseases

more info > [www.lih.lu](http://www.lih.lu) <   