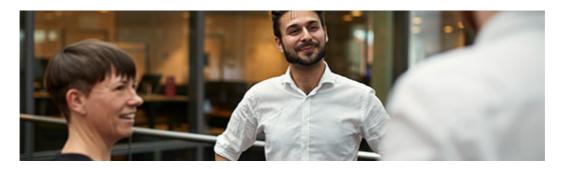
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January 2022



Falck Pulse kick-off is approaching...

Join us!



Did you miss out on the video?

If you didn't get around to watching the video in our last newsletter, here's your chance to catch it in a lighter version.

Hear Jakob, Elisabeth, and Anette's view on health and well-being, as well as how Falck Pulse helps them stay motivated in their everyday lives.

Watch the video here

Be ready Tuesday 11th January

We'll help you onboard the Falck Pulse app at the event. So keep your cell phone at hand and get started with a blast.

- Download the Falck Pulse app
- Create your personal health profile
- Receive motivational messages
- Join our photo competition

...and much more. We're looking forward to seeing you from 9.00 am to 9.30 am.

Get your license code from your manager, at GEMS, Unily, or Mobega.



Training always at hand

Now you have access to live online team training every weekday!

Falck Pulse kick-off is coming up

Choose your preferred exercise form and get going: Roll out your yoga mat, fetch your weights or put the everyday buzz on hold with a little mental fitness.

...Everything close at hand

Click here to see the schedule



LIVSSTIL

AKTIVITET

(1) 639 >

KO:

KROP

Questions or comments? <u>Contact us</u> <u>Unsubscribe</u> from Falck newsletters

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