

The vitality program, developed in collaboration with the HC Health agency, consists of five subjects this year. Every colleague\* can register for one subject per year.

## **Lifestyle coaching**

The lifestyle coaching component aims to guide you towards a new healthy lifestyle. You will start working on drawing up a number of desired habits and you will be guided in implementing them.

After completing this coaching program you will know how to apply the desired custom in your daily life.

HC Health organizes and facilitates the various coaching programs. They are also our partner in the field of business physiotherapy. The vitality program is an addition to the employment conditions and is available from now until the end of December. You can register via the external landing page of HC Health. For more information you can send an e-mail to [vitality@vanlanschotkempen.com](mailto:vitality@vanlanschotkempen.com)

\*Colleagues with a Van Lanschot or Kempen contract, in which the probation period has expired. Unfortunately, external staff and trainees cannot participate in this program.