

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.

Physiosport & Relax

High mental pressure is the rule rather than the exception in our society. As a result, many people find it more and more difficult to really relax. In the section Physiosport & Relax you will learn all sorts of practical exercises during twelve weeks with which you can provide yourself with the desired relaxation.

After this program you are better able to relax yourself and you feel fitter.

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

*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.