


# WELLNESS PROGRAM

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**2025 PROPOSAL**  
WELLNESS PROGRAM  
ACTIVITY SHOWCASE



# Cooking challenge

Teams come together to prepare a dish using the ingredients provided. This activity is designed to inspire teamwork, creativity, and a fun sense of friendly competition.

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A group of people are participating in a team building exercise in a room with wooden floors and tables. One person is lying on the floor, while others are standing around them, some with their hands on their hips. The room has several tables and chairs, and a banner is visible in the background.

# Team building activities

A series of high-energy games and challenges that help participants build trust, enhance collaboration, and develop problem-solving skills in an engaging and dynamic way.

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The background image shows a group of people participating in a dance workshop on a beachside promenade. In the foreground, the back of a person's head and their raised hand are visible. To the right, two women are dancing, one in a black top and white pants, and another in a patterned shirt and jeans. A red sign with the word 'SIGURIA' is visible in the background. The scene is set against a backdrop of palm trees, beach umbrellas, and the ocean under a clear blue sky.

# Dancing Workshop

A lively dance session that encourages everyone to move, laugh, and enjoy the rhythm. The simple choreography ensures that the experience is inclusive and enjoyable for all participants.

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# Sleep Smart

This segment includes valuable tips on sleep education, such as optimizing room lighting and creating a restful sleep environment.

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The background image shows a workshop environment. In the foreground, a man is looking down at a document. To his right, a woman with curly hair and sunglasses on her head is also looking at a document. In the background, another man is visible, and a whiteboard with several blue sticky notes is mounted on a wall. The sticky notes contain handwritten text in Albanian. The overall scene is a professional workshop setting.

# Physiotherapy Workshop

A focused session offering exercises and techniques to alleviate physical tension, with a particular emphasis on addressing back pain and improving posture common issues among office workers.

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# Soma Lights Experience

A calming, multi-sensory activity featuring soothing lights and sounds designed to foster mindfulness, relaxation, and an overall sense of well-being

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# Art Therapy Workshop

A creative activity where participants can express themselves by contributing to a group mural or creating individual artwork. This provides a meaningful way to reflect and unleash their creativity

