



HEALTHY IMMUNE SYSTEM

HOW WE CAN STRENGTHEN OUR IMMUNE SYSTEM.

Viruses and bacteria are lurking everywhere. They can cause annoying colds but also more serious illnesses such as flu and COVID-19, leaving victims unable to work for days. A strong immune system is the best weapon against pathogens. During the presentation, participants will learn what weakens and what strengthens our immune system.

Target group

- › All employees

Goals

- › Explaining how lifestyle, behaviour and stress can affect the immune system
- › Showing ways of strengthening the immune system

Contents

- › What weakens the immune system?
- › The classic pillars of a healthy immune system: nutrition, exercise and sleep.
- › Findings from psychoneuroimmunology: How stress and our thoughts and feelings influence the immune system.
- › And most importantly: What action can we take ourselves?
- › Optional: Follow-on series that explores the topics in greater depth (nutrition and the immune system, exercise and the immune system, sleep and the immune system, mental health and the immune system)

Method

- › Presentation or webinar

Implementation

- › Doctor

Duration

- › 60 to 90 minutes

Number of attendees

- › Up to 30 people

Location

- › On the company's premises or online, by arrangement

SWICA's Prevention Management unit aims to reduce absences, strengthen the potential for better health and improve the wellbeing of employees through health-related measures.

THERE FOR YOU, 24 HOURS A DAY, 365 DAYS A YEAR.

Phone 0800 80 90 80 / swica.ch/prevention-management

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