

HEALTH DAY

7. 5. 2026

CITY CAMPUS OU

8:00 – 14:00

HEALTH 360° WITH OU *Together for prevention, together for health*

What to look forward to:

- eye exams
- mole checks
- blood type testing
- blood pressure, blood sugar, cholesterol, and uric acid testing
- heart function monitoring
- exercise workshops led by physical therapists (45 min each) **REGISTER HERE**
- vaccination clinic
- education on healthy lifestyles and exercise planning
- individual nutritional counseling **REGISTER HERE**
- body composition analysis **REGISTER HERE**
- ambulance and special emergency vehicle from the Moravian-Silesian Region
Emergency Medical Service
- demonstration of neurosurgery and nursing procedures in virtual reality
- surgical suturing workshops
- hands-on demonstrations of first aid, using an AED, and stopping bleeding
- hospital for Teddy Bears (program for children)
- and more

213 RBP zdravotní pojišťovna

centrum telemedicinských služeb



ifmsa ostrava

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