

# HEALTH DAY

7.5.2026  
CITY CAMPUS UO

8am - 2pm

*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) - [RESERVATION HERE](#)
- vaccination clinic
- education on healthy lifestyles and exercise planning
- individual nutritional counseling - [RESERVATION HERE](#)
- body composition analysis - [RESERVATION 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