

Overview: TK Health Modules - online

Subject Area Stress Management / Relaxation:

Stress Scale - online

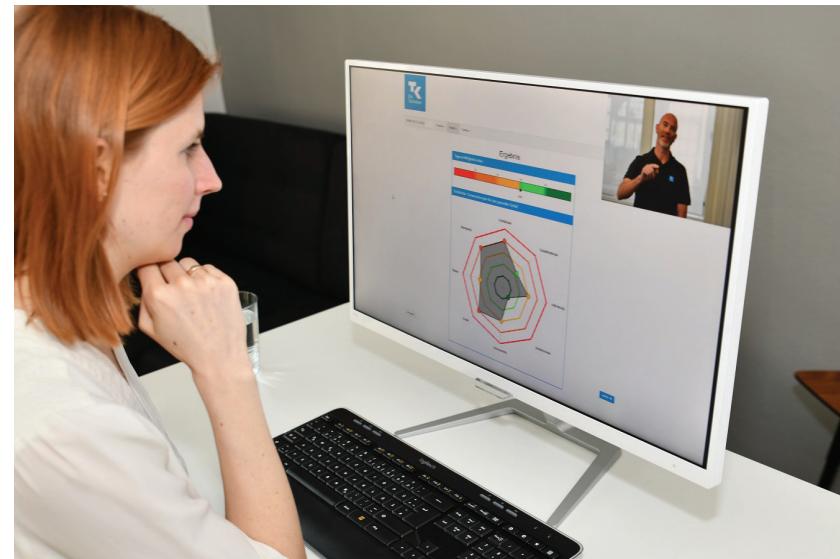
Stress Type Determination - online

Sleep Radar - online

Subject Physical Activity / Regeneration:

Back Coaching - online

Personal Training - online



Institut für Prävention und Nachsorge GmbH

up-to-date - flexible - low-threshold

location-independent - personal

Institut für Prävention und Nachsorge GmbH

Kirchstraße 13 50996 Köln

Your contact person: Sebastian Ochs

Phone: 0221 / 390 930 30

Telefax: 0221 / 390 930 20

E-Mail: sebastian.ochs@ipn.eu

Website: www.ipn.eu

