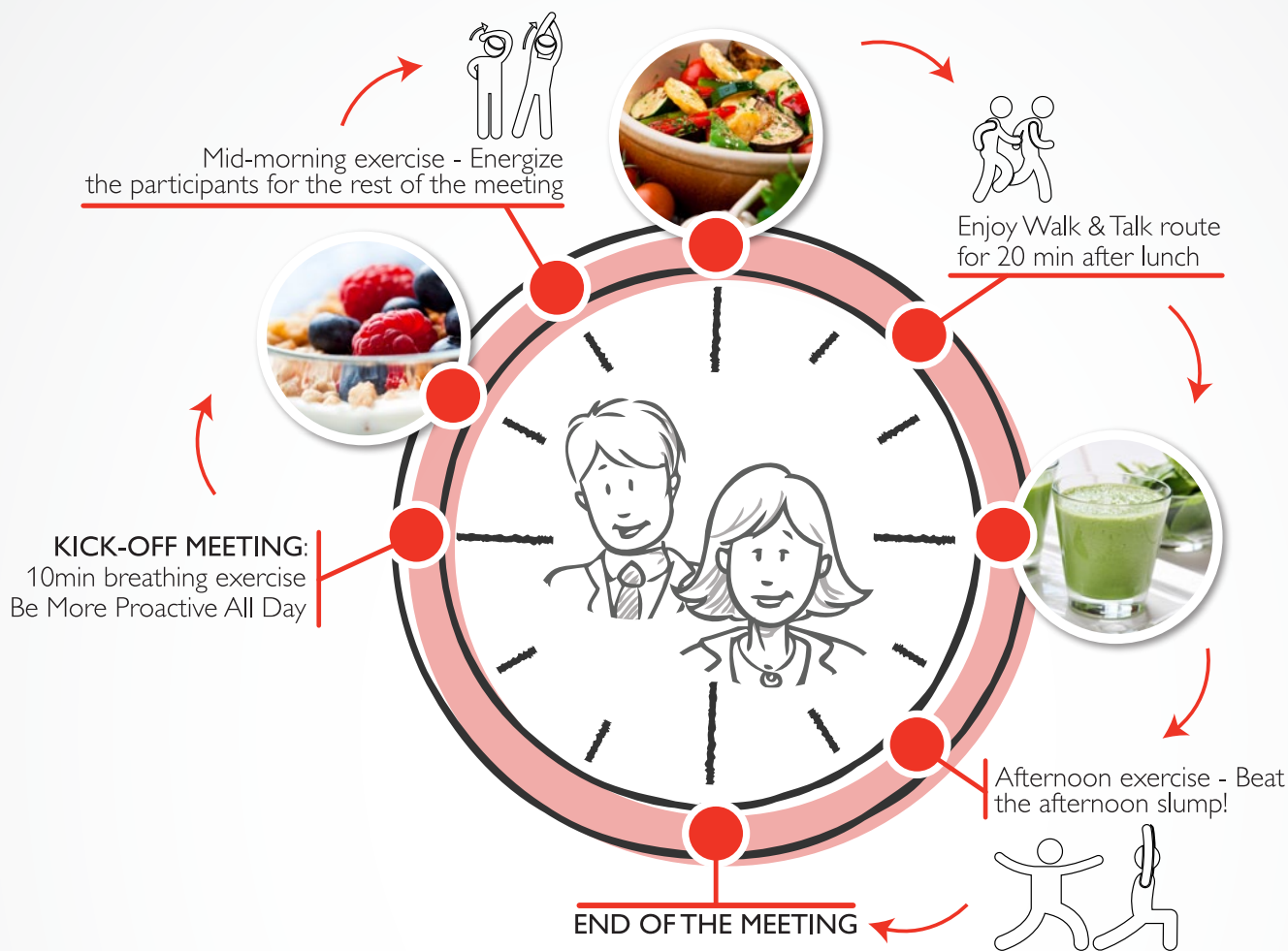


vitality



Why to join a Vitality Meeting:

- Good for heart
- Exercise lowers high blood pressure
- Excellent de-stressor
- Promotes brain health
- Good for mind and soul
- 1 hour exercise promotes losing 100kcal. per meeting
- Get rid of back pain and muscle tension
- Healthy eating & good nutrition

{ These meetings will give you energy... }

Vitality Meetings have been designed for meeting participants to eat well and be active.

Full Day Vitality Meeting Package includes;

- Main meeting room between 09:00 - 18:00
- Vitality lunch and one soft drink during lunch
- Vitality Coffee break service (Two times)
- 1 hour in total exercise program by Pürovel Spa & Sport Trainer
- Water and mint

* Applicable for participating hotels only

* Please contact us by e-mail or call us for your inquiries

* Participating hotels are;

Swissôtel The Bosphorus, Istanbul +90 (212) 326 8272 or istanbul@swissotel.com

Swissôtel Büyük Efes, İzmir +90 (232) 414 5055 or izmir@swissotel.com

Swissôtel Ankara +90 (312) 409 3374 or ankara@swissotel.com

Swissôtel Sochi Kamelia +7 862 296 8801 sochi@swissotel.com

Swissotel Krasnye Holmy + 7 495 787 9800 moscow@swissotel.com

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