

# Hi! News from VebeGo

Free of  
charge for  
VebeGo  
employees

## New now: Discover the **the Secret of a Healthy Working Day** – it's Simple and Stress-free!

Are you one of the thousands of people in Germany who spend a great deal of their time sitting down? Have you ever wondered when on earth you are supposed to find time for any active sport when your working life is so stressful? Then it's time for you to sign up for our 60-minute online impulse tutorial **Get Fit Without Weights in the Workplace**.

Along with the TÜV Occupational Health Service, AMD, we are delighted to be able to offer this free online tutorial to all VebeGo employees. Together we explore how powerful exercise can be in making working life healthier. Because, let's be honest, we often get far too little exercise in our modern world, spending lots of time sitting around at home or in the car or during our long hours in the office. The consequences of this can be: overweight, postural damage or impaired mental performance.

### Tips and Tricks for Getting more Exercise

Our health experts from TÜV Rheinland provide valuable insights into how you can integrate more exercise into your stressful working day. Discover the risks of taking too little exercise and learn some simple, but effective tips and trick for improving your health. You will be given some practical guidelines for firmly establishing lasting new routines in your daily life.

Ready to do something positive for your body and mind? Then make sure of your place on the tutorial today. We look forward to following the path to a healthier and more active future with you!

### Select the date and time to suit you:

- 19. Jun, 8 am
- 02. July, 16 am
- 03 July, 1 pm

### How to register:

Simply send a short email telling us which tutorial you would like to attend to:  
[gesundheit@vebego.de](mailto:gesundheit@vebego.de)

Confirmation will then be sent to you along with the dial-in link necessary for participation.

## VebeGo is Turning 50: Join in the Celebrations **and Send in your Favourite Recipe for the Anniversary Cookery Book**



**Send in Your  
Favourite Recipe  
Now**

VebeGo Deutschland will be turning 50 this coming November! We want to give this special occasion all the attention it deserves and are planning to publish a cookery book of your favourite recipes.

We would like to invite you to send us your personal favourite recipe so that you can be part of this special cookery book. Sweet or savoury, baked or boiled, traditionally German or a tasty treat from another country – no matter what, we look forward to every recipe we receive!

You are welcome to submit your recipe in your own language. We will translate it into German. We would also love you to send us some photos of yourself or your dish, or a personal story explaining why it is your favourite.

As a thank-you for taking part, we will send you an edition of the finished cookery book in the autumn.

Please send us your recipe – with your name – to arrive by 30 June to [iris.leclaire@vebego.de](mailto:iris.leclaire@vebego.de) or by post to:

VebeGo Facility Services  
Iris le Claire  
Konsumstr. 45  
42285 Wuppertal

### Good to note

#### VebeGo Apprentice Joins in College Clean-up Event

Jeanne Dolezal, one of our apprentices in Wuppertal, did her bit to protect the environment and joined some 100 of her fellow students at the Berufskolleg Barmer-Europaschule in a clean-up activity with the motto "Abfall satt, saubere Stadt" (essentially: goodbye litter, hello clean town). VebeGo was one of the sponsors alongside the City of Wuppertal to back the project.

At the end of the two-hour litter-picking activity, the project management class showed their appreciation for the many helping hands who had come along at a get-together, where everyone chatted about their experiences on the great litter pick over sponsored food and drinks.

#### Your contact to the Hi! editorial team:

VebeGo Facility Services  
Iris le Claire  
Konsumstr. 45, 42285 Wuppertal  
+49 202 94794395  
[iris.leclaire@vebego.de](mailto:iris.leclaire@vebego.de)