

## Teamwork health programme

### teamwork for health and work

In the nationwide project initiative "teamwork for health and work", the Bocholt Job Centre cooperates with the statutory health insurance (GKV) and various local partners to maintain and strengthen the health of unemployed people, improve their quality of life and at the same time increase their chances of re-entering the labour market.

The portfolio of offers ranges from exercise courses such as circuit training or aqua gymnastics to relaxation courses such as yoga or autogenic training, individual nutritional counselling, various nutrition workshops and courses on quitting smoking. Online offers such as lectures, live workshops or podcasts on various health topics round off the programme.

Personal and motivating health talks form the basis for a trusting collaboration.

The programme is free of charge, voluntary and takes place independently of case management.

### Any questions?

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