

# World Class Corporate Lunch Lecture

World Class Health Academy is proudly presenting its first corporate lunch lecture:

**Topic: The importance of Core training for Office Health**

There is no coincidence that core fitness classes such as Core Express and Pilates are well attended in the fitness center. More and more people are realizing that a strong core prevents common problems such as tension headaches, mouse arm, neck and back problems. For office workers, who are spending most of their working time sitting down, it is especially important.

**When?** Wednesday May 16:th at 11.30 to 13.00

**Where?** World Class Health Academy, Hypo Building, Slavonska Avenija 6 (building 2).

**What will happen:** 45 minutes lecture about Core training and its importance for office health.  
Different core training exercises will be showed as part of the lecture.

A light lunch will be served. **The lecture is free of charge.** World Class staff will be available for tours of the center after the lecture.

**Please let us know if you are able to attend latest Monday May 14:th, by e-mailing**  
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**To find out more information about World Class Health Academy please visit**  
[www.worldclass.hr](http://www.worldclass.hr)

