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## **BIKAR Health Day for young and old alike**

**Over 100 participants at the headquarters**



**Raumland.** The Raumland family business Bikar Metalle recently held its first Health Day. A diverse program, according to the company's statement, not only for its own employees but also for families, attracted more than 100 participants to its headquarters.

The focus was on the topic of back health. In addition to a specialist lecture by physiotherapist Mareike Breuer from Bad Berleburg, there were also practical exercises in the subsequent back gymnastics course. Organized by Gesundheitssport Wittgenstein and conducted by Diana Schöneborn, the participants worked up a good sweat. But relaxation was also provided for: in order to escape from everyday life and at the same time do something for mobility, Ute Dornseifer showed varied movement sequences and relaxation techniques in a yoga lesson.

The participants started the day with a hike through the Eder valley and even stayed dry. The program was rounded off by the opportunity for a plant tour of the entire premises.