

Techies in Residence with NI Chest, Heart and Stroke



The challenge

redisona viesnīcā man
dažiem saviem draugiem exercise ćwiczenie cardio
run biegać walk skrzynia stroke uderzenie
bezdarbnieks heart serce strength siła conditioning
keto atkins diet saviem draugiem bezdarbnieks patikami e
masaž mindfulness uważność draugiem bezdarbnieks heart
dzīvoju redisona viesnīcā kur jūs esat układu sercowo
gribētu jūs gadi health zdrowie gym siłownia workout
heart serce chest dobre samopoczucie avocado
conditioning kondycjonowanie

Research
Prevention
Care & Support



Who we are



Research
Prevention
Care & Support



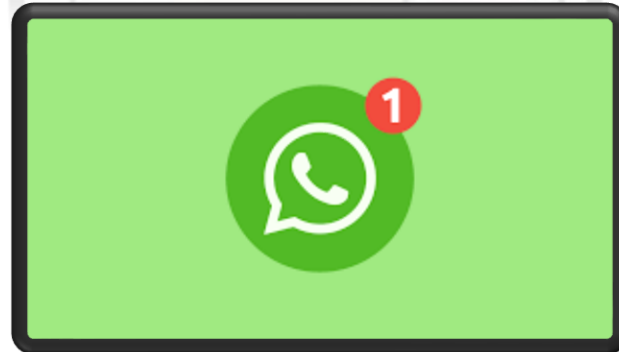
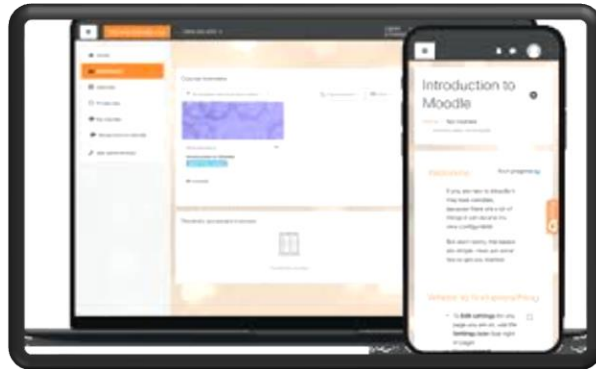


The 'Techies' Team

Commitment and sustainability



The solution



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“With Covid-19 restrictions it always good to receive information digitally, plus we can also forward the information easily to the direct source it was needed for e.g. Staff members”

“access at any time as not working regular hours.”

Chest
Heart &
Stroke

Impact and scale

“We now have a safe, quiet space where we can go to take 5 thanks to the stuff I learned with NICHS!”

P & K McKAIGUE LTD

“I think this is an excellent platform to promote health and wellbeing in the workplace and the support from NICHS has been first class.”

COLLOIDE ENGINEERING
SYSTEMS

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Chest
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conditioning kondycja

Thank you!

Chest
Heart &
Stroke