

longevity
CENTER

Longevity Center
for business

Longevity Center is the answer to the growing demand for a comprehensive and **personalized** approach to health created to meet the expectations of the most demanding business clients.



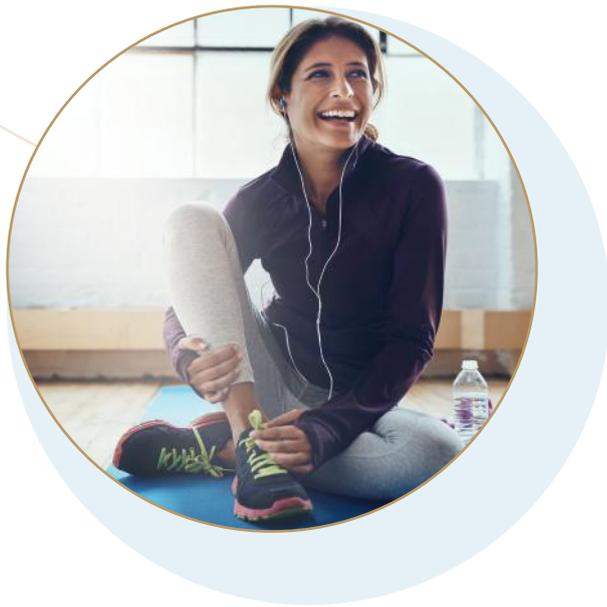
Research conducted by The Corporate Health and Wellness Association, which is the largest worldwide association that addresses the topic of health and well-being, demonstrated that **85 percent** of corporate staff expressed a need to personalize health-related services.

The latest Sedlak & Sedlak research shows that 80 percent of people in high-level positions complain about excessive workload and up to **45 percent** of them are stressed by the very thought of their health condition.

At the same time, the study “The Workforce View in Europe 2017” conducted in eight countries (France, Germany, Italy, The Netherlands, Poland, Spain, Switzerland and the United Kingdom) showed that in Poland, nearly half of the respondents (**46 percent**) experienced stress at work often or very often, which placed Polish employees at the forefront of this ranking. The costs of absenteeism caused by stress are currently calculated in billions of PLN annually.

Longevity Center is the only place in Poland and precursor in Europe that combines in-depth diagnostics and the latest technology to focus on interventions aimed at improving lifestyle and habits, as well as dealing with stress. These interventions help to achieve the optimal health you always wanted.

We offer programs based on a comprehensive assessment of your current state of health and biological age. Our programs are recommended in particular for managers looking to improve their physical and cognitive performance. Each program is comprehensive, personalized and lasts from 3 to 12 months.



Optimal health

The combination of our team of specialists and the latest methods of diagnosis enable us to provide you with the necessary data and tools to develop healthy habits, determine your optimal diet and the best physical activity to strengthen your stress resistance, improve sleep quality and cognitive functions.

Executive well-being

From our specialists in lifestyle medicine, hormonal health, epigenetics, psychology, nutrition, sleeping disorders and stress reduction you will receive a personalized health plan. By increasing your intellectual and physical efficiency accompanied by the proper management of unwanted emotions, in taking this package, you will augment your potential and business performance. In addition, with the support of our experienced executive coach, you will learn how to face the challenges at work and harmoniously combine professional and private life.





Stress resilience

Using the latest scientific findings and portable monitoring technologies, we can track your stress patterns, enabling you to learn how to manage stress and make it work in your favor. An important part of this program is also the effective implementation of everyday nutritional and behavioral healthy habits.

Longevity plan

This is our most extensive program. Its fundamental goal is to provide omnidirectional support to help you become the healthiest version of yourself and significantly increase your potential for a long life with full vitality.



Biological age assessment

Biological age is a more accurate benchmark of your current state of health as well as physical and cognitive condition, than chronological age. Lifestyle changes, such as proper nutrition, physical activity, good sleep quality and stress management can mitigate the effects of oxidative stress and inflammation in your body, leading to a reduction in your biological age. We are the first center in this region of Europe to offer such a wide range of biomarkers to measure biological age, as well as providing lifestyle-related interventions under strict medical control.

Boost your immunity

A program designed to strengthen immunity and protect against infections. The assessment of the efficiency of the immune system is based on research that allows exclusion of innate and acquired immunodeficiencies depending on age or current ailments. Proper change of health habits and well-chosen nutritional stimulation are both prevention and support of the body in the fight to restore the protective barrier at the cellular level.



Your personalized program

We can also provide a program tailored to the particular needs of your firm, managers and staff. Please contact us to arrange a free, initial consultation to clarify your organization's requirements.



For detailed descriptions of the programs, please visit:

www.longevity-center.eu



You will gain access to the expertise of esteemed scientists and world-renowned authors on health.

What benefits will your organization gain by introducing **Longevity Center** programs to your company?



Comprehensive, personalized programs that will make a significant improvement in health, well-being and effectiveness of your key employees.



Lower absenteeism and associated costs, as well as a reduced risk of professional burnout for employees participating in the program.



A significant competitive advantage in terms of benefits offered to key employees, due to the unique nature of such services on the local market.



An important distinguishing factor in the process of building the desired employer.

Enjoy your health for longer

*Please contact us, we will be delighted to meet you to discuss how we may support your employee health and well-being strategy at our **Longevity Center** or at your premises.*

longevity

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Longevity Center Sp. z o. o.
Belwederska 9
00-761 Warsaw
Poland

hello@longevity-center.eu
T: +48 22 400 22 77
+48 884 084 040
www.longevity-center.eu