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**The Wind of Healthy Life Blew in Yeşim**

**Change and Transformation Festival, the energy of May at Yeşim, which aims to raise awareness on healthy living and raise awareness on this issue, has ended.**

Yeşim Group, which declared May as the month of “Change and Transformation” in order to support the physical and mental health of its employees, offered many enjoyable and practical activities to its employees with the festival organized in this context.

Throughout the festival, which was realized in cooperation with Eflatun Yoga, physical activities such as yoga, meditation, rhythm workshops and breathing trainings, as well as activities that support mental health such as stress management and personal development workshops were organized. At the same time, special activities were also organized for children studying at Yeşim Kindergarten.

In the festival, which started with Burcu Saraçoğlu Aşan's conversation “How Do We Improve Our Mental and Physical Health?” and continued with Zerrin Kaya's “Change and Transformation with Breath” event, Çiğdem Özdemir guided the participants with “Stress Reduction and Meditation Practice with Mindfulness” training. Psychologist Dr. Cem Türkeş provided important information on “Awareness in Relationships”.

During the closing week of the festival, which aims to raise awareness about healthy living, experts such as Ebru Çatak, Semra Demirağ, Banu Gönenç, Sayara Özdemir, Nilay Beceren and Merve Karabıyık will present various activities to Yeşim Group employees, including “New Generation Healthy Nutrition”, “Women's Circle: Transforming Femininity", ‘Life Journey with Numerology’, ‘Let the Change Start on Your Face! (Facial Yoga)’, ‘Secrets of Healthy Weight Loss’ and ‘Rhythm Workshop with Body Percussion’.

Speaking at the closing event of the festival, Dilek Cesur, Corporate Communications Director of Yeşim Group, emphasized the importance they attach to the work-life balance of their employees and made the following statements: “As Yeşim Group, we declared May, which is also the World Mental Health Awareness Month, as the Month of Change and Transformation this year. In this process, we organized a wide range of activities for our employees with Eflatun Yoga, with which we cooperated, and the deep interest shown by our employees in the activities was a great source of motivation for us. In line with our ‘People First’ philosophy, we aim to traditionalize this festival in order to ensure that our employees achieve work-life balance, protect their mental and physical health, and keep their well-being at the highest level. We will continue to organize similar events in the coming months to ensure that our employees lead a healthier, happier and more balanced life. We believe that happiness and health at work are directly related to productivity and we will continue to act accordingly.”

Moreover, at the festival, where experiences to improve mental and physical health were shared, a “Children's Yoga” training was also organized towards children in the 6-year-old age group studying at Yeşim Kindergarten.