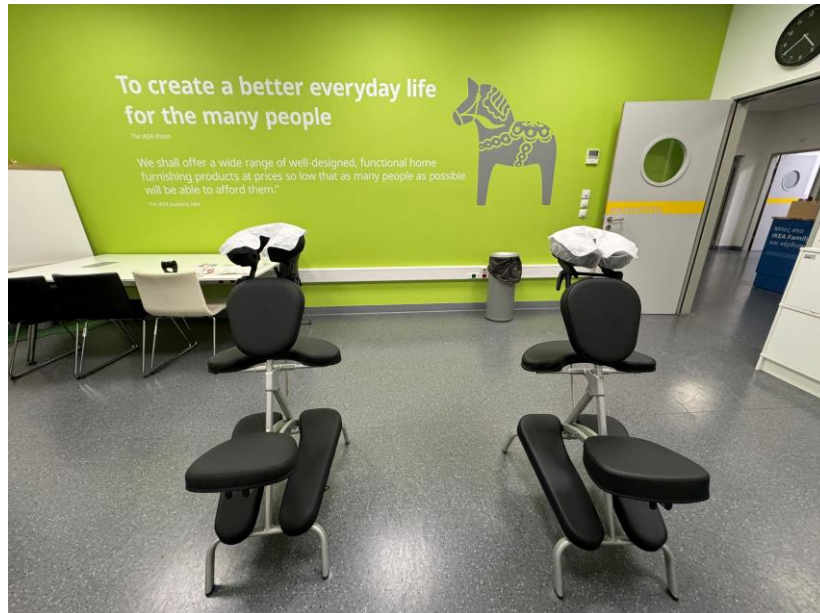


## May: "Wellness Month" for Fournalis Group employees



The "**Wellness Month**", another action of the "**Eu Zin**" program implemented by the Fournalis Group's Sustainable Development and Social Responsibility Department for employees, was successfully completed.

More specifically, on **May**, which was designated as "Wellness Month" for the FOURLIS Group employees, had the opportunity to take part in a series of activities that were carried out at the facilities of the Group's brands throughout the country, and specifically at the Group's headquarters in Kifissia, at the IKEA Kifissos, IKEA Airport, IKEA Thessaloniki, IKEA Thessaly and IKEA Ioannina stores and at the Trade Logistics facilities in Schimatari and Oinophyta.

The "Wellness Month" included therapeutic massage sessions by experienced physiotherapists from Movebetter and Workwell, liposuction tests in collaboration with experienced nutritionists from The Health Lab as well as mindfulness sessions held by Skema Projects and Workwell.



The goal of the "**Eu Zin**" program is both to inform employees about health and wellness issues and to have them participate effectively in actions that promote their physical and mental well-being, motivating them to adopt a daily routine that balances their individual needs in terms of nutrition , exercise, mental health and more broadly a better quality of life.

