

## PRESS RELEASE

### **May: A month dedicated to wellness and self-care for Fourlis group employees**

Once again, this year, the **"Wellness Month"** was successfully completed — an initiative under the "Ef Zin" (Wellbeing) program, implemented by the Sustainable Development and Corporate Social Responsibility Department of the Fourlis group. The program aims to promote the health, wellbeing, and mental balance of employees.

As in previous years, May was designated as "Wellness Month" at Fourlis group, during which **more than 890 employees** actively participated in a series of activities designed to rejuvenate both body and mind, fostering a sense of care, relaxation, and personal wellbeing.

From headquarters of the group in Kifissia to IKEA stores in Athens (Kifissos & Airport), Thessaloniki, Patras, Ioannina, and Larissa, as well as the Trade Logistics facilities in Schimatari and Oinofyta, employees had the opportunity to engage in a wide range of activities. These included **therapeutic massage sessions** with experienced specialists, **body composition measurements**, **yoga and meditation sessions**, **hand and foot decompressing treatments**, and **Smoothies Corner** offering healthy and energizing beverages.

The Wellness Month activities were designed not only to provide immediate physical revitalization but also to lay the foundation for long-term lifestyle improvements and support.

**Ms. Lyda Fourlis, Director of Sustainable Development and Corporate Social Responsibility at Fourlis group**, stated: *"Caring for the health and mental wellbeing of our people is a constant priority for Fourlis group. Through the 'Ef Zin' program, we create opportunities for our employees to reconnect with themselves, improve their daily lives, and adopt more balanced habits. The high level of participation and the positive impact of this year's Wellness Month encourage us to continue investing in the wellbeing of our people."*

The "Ef Zin" program, consistently implemented since 2010, is a core pillar of Fourlis group sustainability and corporate responsibility strategy. It contributes to shaping a work environment that cares for, supports, and empowers its people.

#### **About Fourlis Group**

Boasting a rich history of 75 years, Fourlis group is a leader in the retail sector in Greece and Southeastern Europe. Headquartered in Athens, the group is already active in Greece, Romania, Bulgaria and Cyprus, while it will gradually develop its network in Slovenia, Croatia, Bosnia & Herzegovina and Montenegro, bringing the total number of countries to 8. The group's brands are leading omnichannel retail companies in Home Furnishings (IKEA franchise), Sportswear (INTERSPORT and Foot Locker licenses), and Health & Wellness (HOLLAND & BARRETT franchise). The group also has a presence in the logistics sector through its subsidiary Trade Logistics and maintains a participation in TRADE ESTATES real estate investment company.

For Fourlis group, the values of respect, integrity and efficiency are at the core of every action. By placing people at the centre of attention, the group offers modern, high-quality solutions, tailored to the needs of consumers, cultivating a culture that encourages innovation and collaboration.

As a proud member of the United Nations Global Compact since 2008, the group remains steadfast in its commitment to responsible business practices, constantly improving the shopping experience and services, with the aim of creating value for all.

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