

FFOA Information Note 8/2025: FFOA Wellbeing Events 15-16th April 2025

Dear FFOA members,

FAO Social Security welcomes FFOA members to participate, both virtually and in presence, for those in Rome. The event will have several clinics offering their services in FAO and those not in Rome can view virtual presentations through Zoom.

Please find below the instructions for the virtual presentations, they can connect through the zoom link and passcode provided at the top of the presentation list. Please note that the zoom link and passcode is the same for all presentations.

We hope that many members will take advantage of this opportunity.

Regards,

FFOA Secretariat

15 April 2025

Connect to <https://fao.zoom.us/j/97822775412>

Passcode: 11223344

Time (Rome)	Topic	Facilitator
11.00-12.00	Effective Strategies to Prevent Musculoskeletal Disorders	Dr Julie Daou - MSH Medical Team Manager - Health Management Services
Break		
13.45-14.45	Focus on Musculoskeletal Prevention and Early Diagnosis.	Dr Stella George - Medical Managing Director, Cigna Healthcare
15.00-16.00	Nutrition Tips and Tricks: Focusing on Stronger Bones and Joints	Ms Arghanoon Farhikhtah - Nutrition Mainstreaming Expert - ESN

16 April 2025

Connect to https://fao.zoom.us/j/97822775412 Passcode: 11223344		
Time (Rome)	Topic	Facilitator
9:30-10:20	Building a Healthier Future - Cigna's Role in providing Comprehensive Medical Services	Ms Valentina Veronelli (Nurse Case Management Lead Analyst) Mr Joel Mulas (Regional Representative Italy)
10:30-11:00	GLADI and Personal Preparedness	Ms Katja Habets - Principal Client Manager
11:15-12:15	The Art of Listening to Mind and Body through Non-Violent Communication	Ms Ann Kristin Rothe
Break		
14:00-15:00	Effective Strategies to Prevent Musculoskeletal Disorders	Dr Julie Daou - MSH Medical Team Manager - Health Management Services
15:15-16:15	Ergonomics- How to Set up a Comfortable and Healthy Workstation	Ms Susan Yarrow - Ergonomist - CSLH

Wellbeing Awareness Event 2025

"Keep on moving and make every day better" is the theme for this year's wellbeing event taking place 15-16 April at headquarters and online



As part of the Organization's ongoing commitment to colleague health and wellbeing, the Wellbeing Awareness Event is back! The event offers a dynamic, informative and engaging

experience for all colleagues to get involved in. This year, the event is centred around musculoskeletal health. Join in to learn, be inspired and have fun—all while staying active! This event also serves as a powerful reminder that every day presents an opportunity to enhance our wellbeing through intentional health and lifestyle choices. Watch the trailer [here](#).

Save the date! **15-16 April** are the dates to circle in your diary. On **Tuesday, 15 April, 10:00-10:30 (Rome time)** in the **Sheikh Zayed Centre** and [online](#) (passcode: 11223344), the Director-General will give opening remarks to kick off the two days of colleague-focused wellness.

Then, over the two days, there's a full schedule from 9:00-16:30 (Rome time). Where? The events will take place in headquarters (the Atrium and Sheikh Zayed Centre) as well as online. Find the schedule of headquarters physical activities [here](#) and the virtual presentations [here](#). The schedule can also be found [here](#).

Why attend?

Good health is essential for personal wellbeing, productivity and a high quality of life.

This year's event highlights musculoskeletal health - or, in simpler terms, taking care of your joints and muscles—and its crucial role in preventing illness and injuries. You will discover how nutrition, exercise and proper posture not only protect your bones and muscles but also support energy levels, mood, hormones and overall vitality.

By participating, you will gain valuable insights from healthcare professionals and explore wellness technologies, along with practical tips that support the Organization's goal of fostering a holistic and balanced lifestyle for all colleagues.

Your families are also invited to participate in the event, making it a perfect opportunity to promote health and wellbeing together!

What's happening?

There's something for everyone to look forward to! The event will feature group exercises, workplace ergonomics, seminars and knowledge sharing as well as an opportunity to try the high-tech [Flex-ray booth](#), which can measure your "movement age." The event will also promote services already available to employees through CSL Health Services and the medical insurance plans, such as ergonomic services, employee support programmes, preventive care and telemedicine.

The upcoming Wellbeing Awareness Event promises a range of exciting activities at headquarters. But that's not all! Regional and decentralised offices will also host wellbeing activities, including energising walks and free demonstrations of yoga, Pilates and stretching exercises, to ping pong contests, wellness-themed trivia games and social wellness gatherings—all aimed at promoting health and wellbeing for every FAO colleague, wherever they are.

Additionally, medical insurance providers Cigna and MSH International, along with local healthcare providers (including Campus Biomedico, Villa Stuart, Centro Diagnosi Prevenzione SRL, Top Physio, Centro Diagnostico "Pigafetta" Ostiense, and Gemelli) will be available to interact with participants and provide valuable health-related insights.

Keep on moving and make every day better.

Join the virtual presentations online [here](#) (passcode: 11223344).

