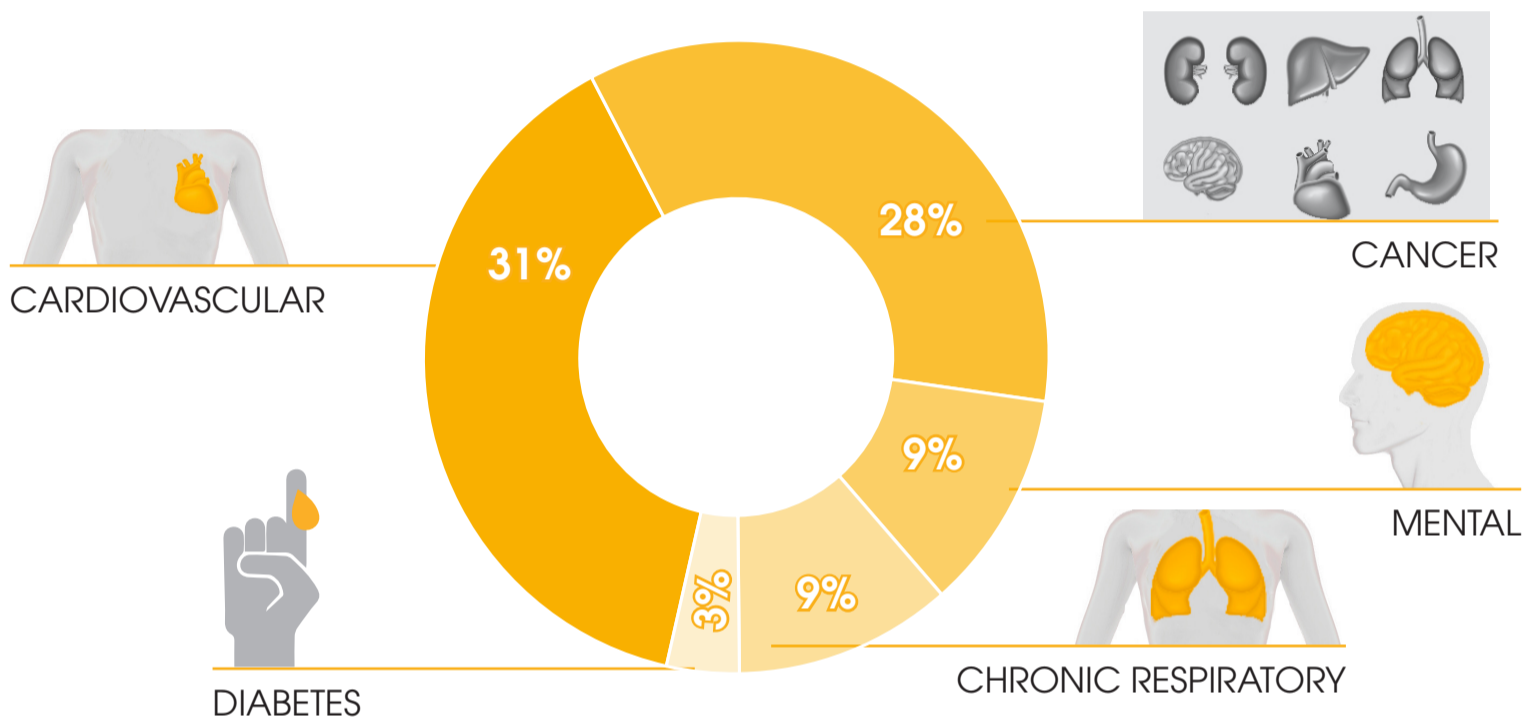


IMPROVE YOUR HEALTH, YOU WILL HAVE A BETTER QUALITY OF LIFE

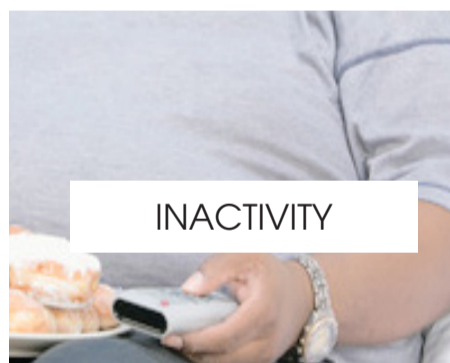
5 BIG GROUPS OF DISEASES CAUSE 80% OF DEATHS IN SPAIN



DISEASES THAT CAUSE THEM



MAIN CAUSES



PREVENTIVE HEALTHY HABITS



MAINTAIN A
BALANCED DIET



DO REGULAR
EXERCISE



REST AND CARE FOR
YOUR QUALITY OF SLEEP



AVOID CONSUMING
ALCOHOL AND TOBACCO

WITH OCCUPATIONAL HEALTH
WITH PEOPLE | WITH YOU

