



Hot Tip



Latest News



Event



The Days of Health at BB Centrum - Building FILADELFIE Shopping Mall, 8th and 9th February

(st) 8. a (čt) 9. únor 2012 | od 10:00 do 18:00

Dny ZDRAVÍ V BB CENTRU

MÍSTO KONÁNÍ: Obchodní pasáž Budovy Filadelfie (budova UniCredit Bank), Želetavská 1525/1, Praha 4
Informace na tel.: 224 210 571**Můžete se těšit na:**

- měření krevního tlaku
- měření tuku v těle
- měření podkožního tuku
- měření viscerálního tuku
- měření kosterní svaloviny
- měření BMI
- měření hmotnosti
- měření výšky
- Harvard step test
- test životního stylu
- individuální poradenství

Všechny úkony jsou **BEZPLATNÉ!**
(V případě měření cholesterolu si zájemci uhradí pouze cholesterolový průrůzek za 80 Kč).**DEJTE SANCÍ SVĚMU ZDRAVÍ!**

www.maranatha.cz

PORÁDÁ o.s. Život a zdraví ve spolupráci s Maranatha o.s. a Balance Club Brumlovka

The FILADELFIE shopping mall offers an opportunity to enjoy the Days of Health on 8th and 9th February, between 10.00 am and 4.00 pm. The event is organized by the Maranatha civic association in cooperation with the Balance Club Brumlovka. And what is in store for you?

- Blood pressure and body fat measuring
- BMI measuring
- weight and height measuring
- Harvard step testing
- Lifestyle testing and individual consultancy
- Professional consultancy by the Balance Club Brumlovka personal trainers

The complete range of nine items is available for no more than CZK 15!
At you request: cholesterol measuring for CZK 60



BREEAM CERTIFICATION IN USE (GREEN BUILDING)



Building FILADELFIE got a BREEAM certificate (Green Building)

The FILADELFIE office building has achieved a U.K. BREEAM In Use (BIU) baseline certification rating of „Good“, which is considered as one of the leading assessment methods for green buildings in Europe. The BRE Environmental Assessment Method (BREEAM) has been devised in the UK to assess resource, waste and energy management, along with impacts on the environment, flora and fauna and human life conditions.

A high priority is placed on the field of energy management, which goes hand in hand with air protection.



Shuttle service: New timetables as of 13 February 2012



Based on the analysis of the tree-month operations of the shuttle service, we have made slight alterations to the shuttle bus timetable to avoid duplication of this service and the public city transport.

These new timetables will come into effect as of 13 February 2012.

The new timetables [HERE](#)

or www.bbcentrum.cz/accessibility