



How to stay healthy - March 27, 2018

IMA Berlin organized together with BARMER health insurance a "healthy" get-together on March 27 at the premises of BARMER in Berlin. The group was greeted by Regional Managing Director of BARMER Berlin.

During the evening, we learnt how to cook healthy meals and how to include various exercises in our daily office routines. Occupational health management becomes more and more important and should be a major project also for management assistants. IMA Berlin is now prepared to address this topic in our companies and to make a difference when it comes to organizational wellbeing.

