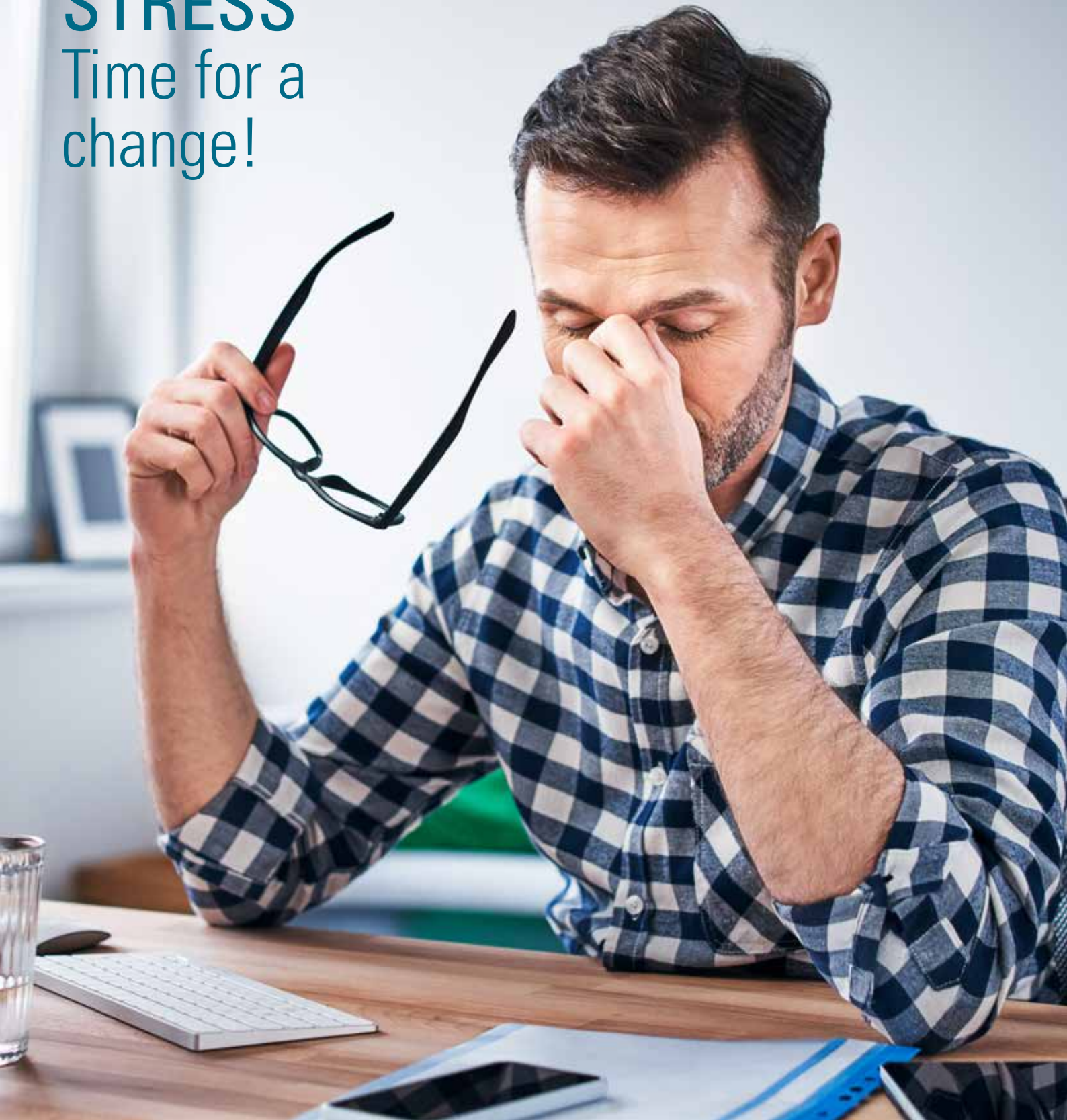


STRESS

Time for a
change!



Do you feel overwhelmed or exhausted?

It's time to pay attention to your health. With support, you'll be able to initiate changes and improve the quality of your life.

We are here for you.

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Where can I get help?

**External point of contact with
confidential counselling: +41 848 270 270**

Or get in touch online: www.movis24.ch

We are there for you 24 hours a day,
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