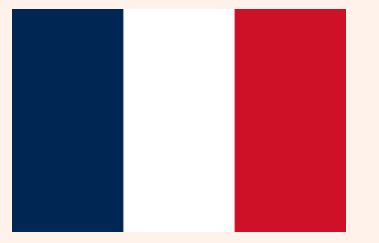




Physical well-being

THE FINNISH WAY



Erasmus+



Developing coordination skills



Танцы — отличный вид физической активности



Eating enough and well is important



Being in nature improves well-being



Combination of sauna and cold water has many health benefits