Filadelfie Building

## 840 km alone on foot through the Pyrenees

WHEN: Wednesday, 19 February, from 5:30 p.m.

WHERE: Vinotéka Sommellerie (Filadelfie Building shopping passage)

Why do people set out on long solo treks? Is it because of the solitude, peace and quiet? Or is it just an ordinary desire for freedom and adventure? After a two-year pause from long-distance solo walking, Jakub Šolc headed out on another of his grand treks, crossing the Pyrenees from the Atlantic to the Mediterranean Sea. He performed this crossing in 29 days and walked 840 km.

In the Pyrenees, it is easy to immerse oneself every day in breathtaking nature that can astound you, but also torment you at every step. But it is guaranteed to clear your head and mind, and perhaps you will even find some new friends. If you enjoy mountain trekking, or you just want to find out how it is when you escape from the hustle and bustle of city life, while your days are filled with just the need to drink, eat, walk and sleep, then this lecture is for you!



Filadelfie Building

## Sushi Time: Warm yourself up in the wintertime with Asian cuisine

During inclement weather the spicy new **Kra Pao**, which is full of chilli, chicken and green beans, will warm you up. But you can enjoy all kinds of meals... from sushi sets, to soups, fresh boxes or curry.

And if you don't have time to enjoy your food right in the restaurant, you can take it with you still warm in **Grab&Go** style! You too can enjoy a bit of the exotic!







Beta Building

### Daring Flu-busters strike in UGO!

A daring trio of Flu-busters is rushing to help in the cold, damp weather to strengthen your immunity and warm your body and soul.

Ginger and Chilli are a healthy team comprised of ginger, apples or oranges supplemented with honey, chilli and other excellent ingredients. When you join forces with them, the flu won't get close to you.

With its combination of blueberries, honey and cinnamon aroma, **Cinnamon** will not only warm you up and give you a boost, but will also get you in a pleasant mood during winter days.

Take your health into your own hands.



Brumlovka Building

## OK POINT will advise you on how to invest properly

Did you know that equity funds were the most successful last year and that, according to Broker Consulting, the index of mutual funds ended up with an average yield of 21.12%? Investments are more than just an interesting alternative to products such as current and savings accounts with their low interest rates.

Stop by for a cup of delicious coffee at OK POINT and ask about the possibilities to make your money appreciate. You are welcome to visit on Monday and Wednesday from 8:30 a.m. to 6:00 p.m., on Tuesday and Thursday from 8:30 a.m. to 5:00 p.m. and on Friday from 8:30 a.m. to 4:00 p.m.









Filadelfie Building

### You will find more than 300 models in the Tolerance collection

We know from experience that a strong relationship needs a lifetime of care. In this regard, we see an interesting parallel with the care for jewellery here in JK. It is necessary to keep a healthy relationship in good condition, and the same goes for jewellery – that is why our services include a lifetime guarantee as well as renovation, cleaning and inspection every two years free of charge.

We respect the institution of marriage, and thus we also support young engaged couples. In our wide offer you will therefore also find affordable rings. But we always prefer quality, gold and natural stones for their wonderful characteristics and enduring value. This is something strong relationships truly need, since it is for a lifetime.



PODOBNĚ JAKO KRÁSNÝ VZTAH.

Brumlovka Building

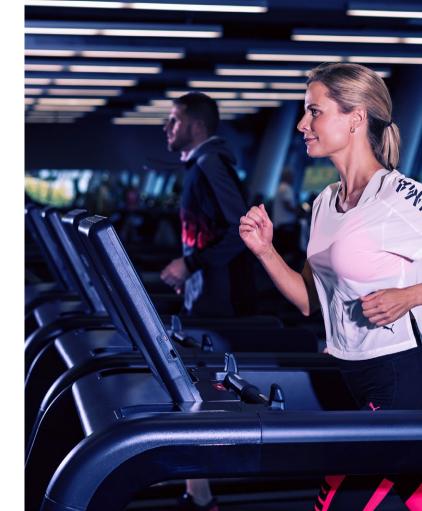
### Balance Club Brumlovka: Don't let your resolution end in January

If you gave yourself a New Year's resolution to take better care of your body and your mind, to include regular exercise or relaxation in your routine, then Balance Club Brumlovka is the right place to head to.

You will find modern fitness equipment here with top Technogym machines, you can use the services of a personal trainer and also choose from a rich programme of group lessons. For your perfect relaxation, you have a 25-metre-long swimming pool at your disposal as well as a Relax Zone with saunas and a modern terrace with greenery, or you can enjoy one of the luxurious body rituals or massages. It is never too late to start.

Employees of companies in BB Centrum have advantageous membership conditions. For more information contact our Client Centre at +420 234 749 810 or info@balanceclub.cz.





# Sezonní ošetření PODZIM/ZIMA 2019 DIVOKÉ MANGO - KOKOS

Filadelfie Building

### Beauty Studio Radka Chvalová: A seasonal treatment

Come and enjoy a seasonal treatment with the aroma of coconut and mango. Bring a colleague or a friend to the studio and make use of the 1 + 1 for half price sale event. The sale applies for the first 10 clients. The orders must both take place in the same week.

Price for 1 treatment: CZK 1500.

Brumlovka Building

### Bomtom recommends "injections" from Redken for your hair

Do you regularly iron or blow dry your hair? Is it damaged, limp and without volume?

Professional **Redken Chemistry** hair cosmetics offer you an intensive treatment. It returns hair its shine and strength, renews the hair's natural pH balance and mends the hair cuticles. Thus, Redken Chemistry is an absolute miracle for your hair. The unique composition of highly concentrated ingredients is a true injection of intensive care.

#### Redken Chemistry System

A multi-phase treatment with an immediate effect that returns hair its freshness, shine and necessary proteins and balances the natural pH level.







Building A

## Soup season in Perfect Canteen

Warm yourself up with soup in Perfect Canteen Moneta Money Bank. During January and February the chefs have prepared special meal-sized soups for you:

- Pig butcher pot
- Fish cream soup
- Nacho soup
- Chicken peanut soup
- Tafelspitz
- Galician soup
- Chicken soup with rice patties
- Aztec soup

Keep your eye on the current weekly menu.



Beta Building

# Enjoy discounted shipping with UPS, for a limited time only!

How do I Ship?

Create your shipment on www.UPS.com with promo code **PROMOCZ2020**.

**Drop your parcel off at BB Centrum Beta** – Level 2, from Mon – Fri, 08:30 – 16:00 (Excl. Public Holidays).

For more information, call us at +420 220 397 400.

