



Head to the Park for Lunch, a Picnic, for Pétanque

Take advantage of these lovely spring days with a lunch break, or to decompress after a long day at work. Baar Park, with its large fountain next to the FILADELFIE Building, is a great spot for a bit of relaxation or other **activities**. Blow off stress with a game of **pétanque**, for example, or have a **picnic** with goodies from one of the nearby restaurants or cafés. Picnic blankets as well as pétanque sets can be borrowed free of charge at the FILADELFIE Building reception. Or try another form of relaxation with a book from the **BookBooth** public library, or feel free to take it and read it at home.



BB CENTRUM
www.bbcentrum.cz



BB CENTRUM



Shuttle Bus Service and Road Closures During the May Long Weekends

There are two state holidays coming up that many of us will turn into a long weekend. As demand for the shuttle bus will be lower, and traffic lighter, there will be **two transportation restrictions** during these two weekends:

Modified Shuttle Bus Schedule

On the two Mondays before the state holidays (**April 30 and May 7**), intervals will be twice as long. The modified schedule is posted at www.bbcentrum.cz.

Lane Closures on Vyskočilova Street

During this period, there will also be lane closures on Vyskočilova Street. One lane in each direction will be closed between the intersections at Želetavská Street (Václava Sedláčka Street) and the entrance/exit from 5. května Street for resurfacing the street in connection with construction of a pedestrian crossing.



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www.bbcentrum.cz



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Open House Festival Heads to BB Centrum

During the weekend of **May 19 and 20**, you'll have the opportunity to take a look at places that are normally hidden throughout the year and learn more about Prague's rich architecture and history. Sixty-five buildings and spaces will open their doors to the public during Open House Prague. Among them are several BB Centrum buildings. You can look forward to gaining access to the terraces on the FILADELFIE and DELTA Buildings, as well as the opening of the Bethany Community Center.

WHEN: weekend of May 19-20 from 10 a.m. to 5 p.m.



BB CENTRUM
www.bbcentrum.cz, www.openhousepraha.cz





Balance Club Brumlovka Invites You to Outdoor Running Classes

Balance Club Brumlovka has added regular outdoor running classes to its schedule. Trainers Antonín Mocik and Denisa Barešová will focus on running technique and interval training to develop speed. The classes are suitable for Club members of all abilities, from beginners to more advanced runners.

Running classes will take place every Wednesday at 6 p.m.

BB Centrum employees who do not yet have a Balance Club membership should contact a Club representative at info@balanceclub.cz for more information about special offers today!

 **BRUMLOVKA Building**
www.balanceclub.cz





Lecture Series: 21st Century Diseases at the Bethany Community Centre

During May and June, the Community Center presents the **Medicine for People** lecture series, which addresses the most common 21st century diseases of affluence. The series will be led by students from the 1st and 2nd Medical Faculties of Charles University and comprises 7 evening lectures (in Czech only). Learn more about heart and vascular diseases, as well as about cancer; one block will be devoted to diabetes, and one evening will focus on practical training in first aid.

The lectures are open to the general public and the entrance fee is voluntary.

Confirmed Lecture Dates:


- **May 2, May 9, May 16, May 23** (at 6 p.m.): – **Cancer**
- **May 30** (at 6 p.m.): – **First Aid Workshop**
- **June 6 and June 13** (at 6 p.m.): – **Diabetes**

 **Bethany Community Center**
www.spolecenskecentrum.cz



CEBIA: Check Your Used Car's History With a 20% Discount

Buying a used car? Check its history against its VIN in the AUTOTRACER system. The system can, for example, tell you if the odometer has been rolled back, whether or not the seller is concealing any collisions or repairs, or whether or not there are any outstanding loans or leases on the vehicle. For example, 42% of used cars offered for sale have rolled-back odometers, and the average roll-back amount last year was around 100,000 km. Cebia is offering a special 20% discount in April, May, and June on used car history checks for employees of companies based at BB Centrum. To take advantage of this discount, simply go to www.zkontrolujsiauto.cz and enter the **discount code BBC-AUTOTRACER** in the Payment section. The price after applying the discount is CZK 399.

 **ALPHA Building**
www.zkontrolujsiauto.cz





The Radka Chvalova Nail Studio is Expanding

The Radka Chvalova Nail Studio is moving into a larger space in the FILADELFIE Building. In addition to high-quality manicures and pedicures with professional products from brands such as CND, ORLY, OPI and others, the salon will now offer full-body depilation and **cosmetic services using SOTHYS** brand products. In addition to fully-customized face and body treatments for each individual client, they also offer a seasonal oxygenating treatment by SOTHYS Paris with a watermelon and lime fragrance, full of vitamins to get skin ready for summer.

Come relax and recharge...



Radka.
Chvalova.
Nail.
Studio.



Elegant and Sporty Ladies' Swimwear at NIVOSPORT

Looking for an elegant swimsuit for the sea or the pool? Would you like to find beachwear that you'll not only feel comfortable in, but that's also attractive? Come to **NIVOSPORT** and check out the new collections from VENICE BEACH, LASCANA, S. OLIVER, BUFFALO, and ARENA. The sales assistants will be delighted to help you choose a swimsuit that suits your style, while respecting the natural lines of your figure.



NIVOSPORT



UGO: Herbs That Will Surprise You

Add one herb to a drink and a refreshing spring is born. Choose not only by flavor, but also based on whether you need to calm your digestion down or rev it up. Here's what's new for you at UGO:

- **banana, spinach, lemon, apple** with calming **lemon balm**,
- **raspberry, apple**, and refreshing **mint**,
- **trawberries, banana, apple** and **basil** for a good mood.

UGO is also adding **green pea sprouts** to all their seasonal wraps. They contain lots of nutrients, from vitamins and antioxidants to proteins. What more could you want after a long winter?



Thanks from Perfect Canteen

Perfect Canteen would like to thank everyone who took part in the charity Easter market on March 21, 2018 in the O2 Gamma Building:

"Thanks to your purchases in the restaurant, cafe, and at our stand, we raised **CZK 24,016** for the **Motol Hospital Volunteer Center**. With the money raised, the center will purchase much-needed supplies for its activities which take place regularly in all the hospital departments."

