Larnaca, 12/11/2025

**The 6th Lidl Wellness Camp created a dynamic health and wellness footprint**

**Lidl Cyprus' two-day health and wellness event left a powerful impression its over 300 participants, emphasising simple, applicable and sustainable habits for a better life.**

Two days full of knowledge, practical ideas, guidance from distinguished experts, entertainment and relaxation transformed the **Atlantica Aeneas Resort Hotel** in **Ayia Napa** into a wellness center 305 participants, as the 6th Lidl Wellness Camp united science, wellness and health for yet another year, in what has become an institution that speaks the language of action.

During the weekend, on **November 8th and 9th,** participants had the opportunity to attend a series of **essential lectures, interactive workshops** and **educational activities,** and where techniques that are easily integrated into daily life and clear directions from a total of **17 distinguished professionals**, as well as practical tools that transform knowledge into benefit for a better and healthier lifestyle were presented.

Specifically, the rich programme of the 6th Lidl Wellness Camp included **cooking classes** with an emphasis on balanced, easy meals for the whole family, talks on physical health, as well as **presentations on mental well-being and stress management practices**, as well as an analytical, understandable "tour" of biomedical research and the role of the Cyprus Biobank in prevention and health. This was followed by sessions on the **importance of quality sleep** in daily functionality, while the **connection of arts with well-being** was also presented, namely how music, visual interventions and cultural experiences enhance emotional resilience, all coordinated by the **Cyprus National Commission for UNESCO**. On the **topic of nutrition**, clear guidelines were given for a planetary healthy diet and conscious choices for everyone’s shopping cart, while basic public health issues such as vaccinations were demystified. At the same time, main food pollutants and ways to reduce them were presented by the **State General Laboratory**. The two-day camp also included a special session dedicated to the longevity and resilience of the human body, from the perspective of biology.

It is worth noting that during the two-day camp, yoga sessions were also offered, while a customised programme was also run for the youngest attendants who participated in the **“Forest School”**, which made the experience inclusive and touched every member of the wider community.

As every year, the organisation pf the event was held under the **auspices** of the **Ministry of Agriculture, Rural Development and Environment**, the **Cyprus National Commission for UNESCO** and the **The Cyprus Dietetic & Nutrition Association**, while this year , the event was also held under the auspices of the **Cyprus Association of Psychologists** and the **Municipality of Ayia Napa**.

At the start of the two-day Lidl Wellness Camp, **Vasiliki Adamidou, Director of Corporate Affairs & Sustainability of Lidl Cyprus**, emphasised: “The Lidl Wellness Camp is not just a conference. It’s an initiative which, over the years has managed to evolve into a vibrant ecosystem of knowledge, inspiration and collaboration. Through this institution, our goal as Lidl Cyprus is to enhance knowledge about wellness, health, nutrition, and sustainable living, to encourage personal care and mental and physical balance, creating a dynamic community that learns, evolves and inspires. ”

With the completion of the programme, **Vasilis Lagogiannis, General Manager of Lidl Cyprus**, reaffirmed Lidl Cyprus’ commitment to transform value into duration for people and society, through the company’s daily operations and activities.

For **Lidl Cyprus**, the **Lidl Wellness Camp** is an institution that continues to evolve, with a constant commitment to **people**, **quality**, **consistency** and overall **well-being**.

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