Larnaca, 08/08/2024

**Lidl Cyprus’ annual wellness ‘journey’ begins with the 5th Lidl Wellness Camp**

**A unique opportunity for 20 lucky winners who together with their family or friends will enjoy a special health and well-being weekend!**

Lidl Cyprus returns for the 5th consecutive year with the long-awaited **Lidl Wellness Camp**, scheduled for **September 14-15, 2024**, and will take place at the picturesque **Rodon Mount Hotel & Resort** in the village of **Agros**. The two-day event is organized in the framework of **World Food Day**, under the auspices of the **Ministry of Agriculture, Rural Development and Environment**, the **Cyprus National UNESCO Committee** and the **Cyprus Dietetic & Nutrition Association**.

Against the backdrop of the green scenery of Agros, the 5th Lidl Wellness Camp offers a refreshing haven for those wishing to adopt a healthier lifestyle. During the two days, participants will have the opportunity to indulge in a **programme meticulously designed** to integrate **nutrition**, **physical health**, **mental well-being** and **sustainability**, under the guidance of **12 accomplished and distinguished professionals** – doctors, university professors, nutritionists, dieticians, psychologists and other qualified health and wellness professionals.

“Lidl Wellness Campers” will be involved in **a range of different and diverse activities** through a [rich educational programme](https://lidlfoodacademy.com.cy/lidl-wellness-camp-2024/) led by experts, engaging seminars and interactive experiences covering a wide range of topics, from conscious eating to sustainable diets to sustainable lifestyles. At the same time, the “young campers’ will have the opportunity to explore the beautiful greenery of Agros through an educational [programme](https://www.lidlfoodacademy.com.cy/lidl-wellness-camp-2023-%cf%83%cf%87%ce%bf%ce%bb%ce%b5%ce%af%ce%bf-%cf%84%ce%bf%cf%85-%ce%b4%ce%ac%cf%83%ce%bf%cf%85%cf%82/) full of activities and games on forest pedagogy carried out by the ‘Forest School’. The Lidl Wellness Camp is not just an event but a wholesome experience that promises to equip participants – both young and old - with the knowledge and the necessary tools to adopt healthier and more sustainable habits.

The **20 lucky winners** will have the opportunity to participate in the event together with their family and/or friends (up to 3 additional people) who can register in [the online form](https://www.lidlfoodacademy.com.cy/lidl-wellness-camp-2024-form/) on the Lidl Food Academy website up until **Saturday August 31st** and will be selected by a draw. All participants will have the opportunity to enjoy, in addition to the rich educational programme, **free accommodation at the Rodon Mount Hotel and Resort** and **meals provided by Lidl Cyprus**.

For more details, information, registration and updates on the 5th Lidl Wellness Camp, visit the page [here](https://www.lidlfoodacademy.com.cy/lidl-wellness-camp-2024-form/).

Find the video [here](https://youtu.be/ijn_FAHUwl8).

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