



# HOW TO BECOME A GOOD RUNNER



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English version of all BB Centrum activities are to be found also at

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**PASSERINVEST**

Organizátor akcie, spoločnosť PASSERINVEST GROUP, a.s., bude na této akci používat fotografický a audiovizuální záznam.

Bethany Community Centre

## Workshop: How to Become a Good Runner

**WHEN:** September 17, 6 p.m. – 7:30 p.m.

**WHERE:** Bethany Community Centre, Za Brumlovkou 1519/4

**Admission:** CZK 100 (Admission is FREE for BB Centrum Club members)

Come and get inspiration at our workshop, where you will learn everything you need to become a good runner. Passionate runners and experts from RUNCZECH will head the workshop.

The number of participants is limited, and reservations can be made online at: [marika.duchonova@passerinvest.cz](mailto:marika.duchonova@passerinvest.cz)

- 6 p.m. – 6:30 p.m. **Nutrition**
- 6:35 p.m. – 6:50 p.m. **InBody – Mgr. Jan Taussig**
- 6:55 p.m. – 7:20 p.m. **Training plan with coach**
- 7:20 p.m. – 7:30 p.m. **Break**
- 7:30 p.m. – 8:10 p.m. **For interested individuals: running training around the BB Centrum**



Filadelfie Building

# Travel evening: Jordan

**WHEN:** Wednesday, September 23, 5:30 p.m. – 7:30 p.m.

**WHERE:** Sommellerie Wine Bar, Filadelfie Building, Želetavská 1525/1

With a lively and vibrant history, one of the few safe corners in the Middle East is the Kingdom of Jordan. A place that many travellers still do not know, despite the fact that human history without exaggeration passed through here and is literally carved into the fiery-red cliffs.

**Lecturer:** Petr Blahuš



# TRAVEL EVENING



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# GRAPE HARVEST ON BRUMLOVKA SQUARE



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Brumlovka Square

## Grape harvest on Brumlovka Square

**WHEN:** Thursday, September 24, 11 a.m. – 7 p.m.

**WHERE:** Brumlovka Square, Vyskočilova 1100/2

Come and taste wines from smaller Bohemian and Moravian family wineries along with foreign wines and various types of popular young wine and must. Various delicacies, cheeses, cakes and other traditional Czech foods will also be available.

Live music will be played at lunchtime.



BBCENTRUM

Alpha Building

# Exhibition: Radek Habelt – Dreamy Landscape

**WHEN:** September 1 – October 16

**WHERE:** Alpha Building, Vyskočilova 1461/2a

The main motif in Habelt's work is the expression of a pure state of mind and the present moment. The painting is dominated by a unique style and expresses the instability and conditionality of phenomena and the constantly changing environment through authentic colour combinations.



## EXHIBITION DREAMY LANDSCAPE



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Beta Building

# The autumn **UGO** Cleansing Fast will take place in October

**CLEANSING FAST DAYS:** from October 20, October 22 and October 24

**REGISTRATION:** from September 9 to October 4 at [ugocista.cz](http://ugocista.cz)

Try the UGO Cleansing Fast! Lighten your diet, make it easier **for your body to regenerate and create space for a natural detox and the associated rush of energy.** The UGO Cleansing Fast has been designed to provide the right combination of necessary nutrients, as well as variety and interesting taste.

What exactly is the UGO Cleansing Fast? This is a nine-day programme consisting of three days with a light menu, three days on which only fruit and vegetable-fruit juices are consumed and, finally, three days with lighter meals. Of key importance are the three „juice“ days, during which you treat your body to basically only concentrated health and give it a break from digestion and from many unhealthy substances.



BB Centrum Rezidence

# UROSANTÉ: SpaceOAR hydrogel - helps treat prostate cancer

SpaceOAR is a special hydrogel that is given to patients with prostate cancer before they begin radiotherapy. The gel acts as a barrier between the rectum and prostate and to mitigate the effects of radiation on the rectum and intestine.

If you are interested, contact Urosanté at [recepce@urosante.cz](mailto:recepce@urosante.cz)  
or tel.: 733 640 218.





Brumlovka Building

## Balance Club Brumlovka: completes the first stage of reconstruction

In mid-August, after the completion of the first phase of the reconstruction, the Balance Club Brumlovka reopened with many luxurious new features. As part of the first stage of reconstruction, the **reception desk** underwent a significant upgrade and now has a brand new counter made of artificial white stone – Corian. The reception area now has expanded facilities for linens and safes, as well as a ceiling with moss pictures.

The **locker rooms** were also given a facelift and are now equipped with more modern and spacious lockers with **electronic locks**, large backlit mirrors and luxury hairdressing appliances. This autumn, club members can look forward to a new 25-m stainless steel **swimming pool** and a more spacious **whirlpool**, as well as completely **new saunas** with a special crushed ice maker and **luxury SPA** areas for massage and body rituals.

Brumlovka Square

## The Elijah Christian School against inequality

**WHEN:** Tuesday, September 29

**WHERE:** Brumlovka Square

Do you think that poverty only affects the unemployed, the socially excluded or the inhabitants of economically weaker regions? Can poverty be spotted at first glance? To what extent has the coronavirus crisis impacted the life of an ordinary Czech family? Are we willing to help only on special occasions in distant lands and during tragic events, or can we also provide long-term support to the needy from our immediate surroundings?

Join us to find answers to these and other questions on „Fewer Inequalities“ (UN Sustainable Development Goal 10 aimed at reducing inequality within and among countries). It is one of the topics of the World School project in which the Christian Elijah Secondary School, Elementary School and Kindergarten also took part this year. At the same time, you will learn about the Elijah Endowment Fund, which has been providing assistance to children whose families need financial support for years.



# NADAČNÍ



Podpořte sociálně znevýhodněné žáky školy Elijáš.

# FOND

# ELIJÁŠ

JAK MOHU POMOCI?

Prispět můžete u stánku Křesťanské školy Elijáš na náměstí Brumlovka dne **29. září 2020**, kde budou v rámci projektu "Světové školy" žáci 3.ročníku Lycea Elijáš prezentovat problematiku nerovností (10. cíl udržitelného rozvoje OSN).

Nebo zaslat finanční prostředky na č. ú.: 249 532 424 / 0300.

VÍCE INFORMACÍ NA  
[WWW.ZSELIJAS.CZ](http://WWW.ZSELIJAS.CZ) NEBO  
[NADACNIFOND@ELIJAS.CZ](mailto:NADACNIFOND@ELIJAS.CZ)

světová škola  
ve světě i doma





Building A

## Golden-Fried Autumn in **Perfect** **Canteen**

At Perfect Canteen, a golden-fried autumn is here and with it, the most popular fried dishes return. You can look forward to **chicken wings**, a **spicy salad** of grenaille potatoes and crème fraîche or **pressed pork belly** in breadcrumbs, as well as **bao buns**, hoisin sauce and crispy vegetables with cilantro and other tasty dishes.

Perfect Canteen is open:

- Monday–Thursday 7:30 a.m. to 5 p.m.
- Friday 7:30 a.m. to 4 p.m.