

NEWS ON HEALTH



Programmes



Food



Nature



People

PROGRAMMES

WINTER Food/Nature/Adventure



Winter in Dalmatia (300 sunny days per year) is an ideal time to go through a Food/Nature/Adventure programme.

Expose your body to the sun, so you can take vitamin D for getting extra energy!

A MEDITERRANEAN SUNSHINE WILL BOOST YOUR ENERGY!

We recommend the Mulier Food/Nature/Adventure Programme, if you:

- crazy about delicious Mediterranean food
- want to explore the beautiful seaside and mountains
- want to meet the local people
- want to enjoy life to the fullest
- want better health
- want to enjoy beautiful energy sourced from the land, fire, sea, air, people

Food/Nature/Adventure programme under professional guidance.

You'll love it!

FOOD

WINTER Seasonal Food



It's essential to eat **seasonal** food, meaning mostly vegetables.

WINTER in Dalmatia (300 sunny days per year) brings us such treasures and these include **spinach, chard, collards, lemon, grapefruit, mushrooms, fish, goat milk, cheese...**

WINTER MENU

Breakfast: Fresh goat cheese with lemon.

Snack: Cooked apples with jam.

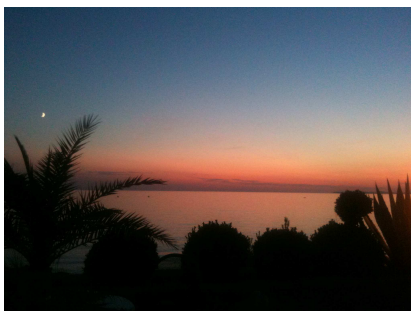
Lunch: Chicken soup, chicken baked with sour cabbage.
Serve with row vegetables.

Afternoon: Dandelion root tea.

Dinner: Baked potato slices with spinach.

NATURE

WINTER Nordic walking



The most beautiful walking season is in Winter.

Enjoy the beautiful blue sky, golden sunshine, fresh winter air.

We offer [Nordic walking under professional guidance.](#)

We offer [jogging under professional guidance.](#)

Life in movement!

Give your circulation a boost.

You can optimize your energy levels and circulation even more with [Mulier holistic massage and lymphatic drainage.](#)

ORDER your individual tailor-made programme by emailing us at info@healthwellnesscroatia.com

PEOPLE

WINTER Activities



THE BEAUTIFUL DALMATIAN MOUNTAINS and VILLAGES with happy people

Mountaineering on Velebit in the fresh alpine air while enjoying views of the islands will give you a new dose of health.

You'll be able to sense the **sage** and **heather** all around you.

Make some tea on your own using fresh plants that you'll find.

Meet happy people living in National park of Velebit!

We offer **Mountaineering Tours** to suit your age and physique:

- The *Velika Paklenica Canyon Route* with a **lunch break** (traditional Mediterranean Lunch)

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